PUTTING RELATIONSHIPS TO FINAL REST, PG6

The world's largest global newspaper
metro®
VANCOUVER • THU[illegible]GUST 6, 2009
metronews.ca

Toronto
$189* from
westjet.com
WESTJET
*Some restrictions apply. Taxes not included. See westjet.com for details.

Celebrity Buzz

Selena on Vancouver time with Lautner

pg 18

Binner finds tourists' passports

CRUISIN' Three American tourists are enjoying their Alaska cruise today thanks to a quick-thinking binner who found their stolen passports discarded in a Downtown Eastside garbage container.

The three visitors from Nevada were exploring Stanley Park Monday when their parked car was broken into and their identification stolen, said Const. Anne Longley, a spokeswoman for Vancouver police.

The trio reported the theft, but were unable to board the cruise because they didn't have passports.

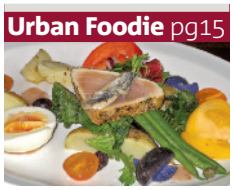
A binner in the Downtown Eastside discovered the documents in a garbage container. He gave the documents to two beat officers who raced to return the passports in time for a 4 p.m. boarding.

JEFF HODSON/METRO VANCOUVER

Local pg 3

Olympin show in Richmond

Urban Foodie pg15



When location doesn't count

MARIO ANZIONI/REUTERS

Freed U.S. journalist Laura Ling, top left, embraces her husband, Iain Clayton, while fellow freed journalist Euna Lee is hugged by her husband Michael Saldate and daughter Hana Saldate yesterday in Burbank, Calif.

Journalists freed by Clinton back home

U.S. downplays release as a breakthrough with N. Korea

Two American journalists freed by North Korea tearfully reunited with their families in the United States yesterday while Washington tried to play down talk of a breakthrough with Pyongyang.

Laura Ling, 32, and Euna Lee, 36, reporters for a U.S. cable television venture arrived at Burbank airport near Los Angeles aboard a private jet with former president Bill Clinton, who secured their release after meeting with North Korea's reclusive and ailing leader, Kim Jong-il.

President Barack Obama said he was "extraordinarily relieved" at the women's return but insisted the way for North Korea to improve relations with the United States was to give up nuclear weapons and stop its belligerent behaviour.

Clinton's dramatic visit was the first high-level U.S. contact with North Korea in nearly a decade.

The two beaming women descended from the plane to an emotional reunion with their families. Lee hugged Hana, the four-year-old daughter she had not seen for five months.

DANNY MOLOSHOK/REUTERS

Former U.S. president Bill Clinton embraces Euna Lee and her daughter, Hana Saldate.

Ling said they both feared they could be taken to a hard labour camp when they were led instead Tuesday to a location where Clinton was waiting for them.

"We knew instantly in our hearts that the nightmare of our lives was finally coming to an end. Now we stand here home and free," she told reporters.

The journalists, who work for Current TV, co-founded by Clinton's vice-president, Al Gore, were arrested March 17 for illegally crossing into North Korea from China and had been reporting on the trafficking of women. They were both sentenced to 12 years of hard labour in June. REUTERS

Text alerts to keep you from overspending
fido
fido

Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

Graffiti trail leads to teen's arrest
A North Vancouver teenager has been arrested after allegedly leaving a trail of fresh graffiti that police followed in order to catch him early yesterday morning. The 17-year-old was caught with a can of spray paint and four markers, which he allegedly used to tag eight buildings. METRO VANCOUVER

Local

Record month for home sales

Residential home sales last month were the highest ever recorded for July, thanks in large part to first-time homebuyers, according to the Real Estate Board of Greater Vancouver. In all, 4,114 homes were sold, compared to 4,023 in July 2003 — the only other time that July sales surpassed the 4,000 mark. METRO VANCOUVER

DARRYL DYCK/POOL/REUTERS

Forest fires continue to burn not far from Lillooet yesterday.

Crews see progress on Mount McLean fire

OPERATIONS Crews have finally made headway on a massive blaze near Lillooet, despite the fire having grown in size and inched closer to town, fire information officers said yesterday.

Jeremiah Louis said the Mount McLean fire is covering 3,800 hectares, up from 3,300 hectares on Tuesday, and has moved about 400 metres toward the closest building because of burnoff operations — small, intentional fires meant to contain the larger blaze.

"We have made some progress with the fire," Louis said. "The burnoff operations were successful."

More than 40 ground personnel are performing what Louis said was "aggressive mop-up" on the east flank of Mount McLean, which is closest to town.

He added because there's decreased fire activity there, crews have been able to move resources to the north flank.

"The weather is helping a lot more. The winds and humidity have decreased. It's helped the firefighters get close (to the fire)."

Around 2,500 displaced residents remain in local hotels, schools and churches. KRISTEN THOMPSON/ METRO VANCOUVER

HST relief proposed

Restaurateurs seek wholesale prices, wage freeze

JEFF HODSON
jeff.hodson@metronews.ca

B.C. restaurateurs want to be able to buy booze at wholesale rates and keep minimum wages frozen as potential ways to sweeten the taste of the forthcoming Harmonized Sales Tax (HST).

The HST, which will be implemented July 1, 2010, will increase the cost of a restaurant meal by seven per cent.

"It's really going to hurt us," said Garth Whyte, president and CEO of the Canadian Restaurant and Foodservices Association (CRFA), following a meeting yesterday with Finance Minister Colin Hansen.

Whyte said he is opposed to the HST, but is resigned to its implementation, calling it a "steamroller" that is moving across the country.

Hansen was unavailable for comment yesterday, but a spokesperson for his ministry said the meeting "went well."

JEFF HODSON/METRO VANCOUVER

Garth Whyte, president and CEO of the Canadian Restaurant and Foodservices Association, outside Canada Place yesterday.

"(The HST) is really going to hurt us."
Garth Whyte, CRFA president

The CRFA suggested a number of ideas that could help mitigate the tax, including allowing restaurants to buy alcohol at wholesale rates, similar to what occurs in Alberta.

The province could also assist restaurants with energy costs through rebates, as restaurants consume five times more energy than the average retailer.

Over the long term, Whyte said he'd like to see a commitment from the government to not raise the minimum wage.

"Let's have a real holistic view on growing and helping this dynamic sector, not hurting it," Whyte said.

News in brief

BURNS A man is in hospital with second-degree burns after being electrocuted in a vacant Downtown Eastside building and then running outside half-naked. Vancouver police Const. Anne Longley said fire officials "came to the building as there was smoke coming from the hallway," and inside they found live wires hanging from the electrical room ceiling.

CHARGED The husband of a Vancouver woman found dead in their Kitsilano home has been charged with second-degree murder. John Donald Thomas, 71, is accused of killing Theresa Thomas, 58, on Tuesday. Police haven't said how she died.

SHELTER A controversial shelter on Howe Street under the Granville Street Bridge was closed down yesterday, two days ahead of schedule. Shelter users have been offered temporary housing at another site while a new shelter near Dunsmuir and Richards streets is being built. METRO NEWS SERVICES

2 more die of swine flu in B.C.

ILLNESS Two more people have died of influenza A (H1N1), also known as swine flu, in B.C., the province announced yesterday.

A 19-year-old man with chronic health conditions died at Abbotsford Regional Hospital on July 29 and a child died from the virus in the Interior Health region on July 18.

Dr. Eric Young, the deputy provincial health officer, said more deaths may be possible when the flu season starts.

He said a swine flu vaccine is being developed by GlaxoSmithKline (GSK) in Quebec and should be in distribution in the fall.

"We're expecting that the company will have the vaccine ready within the next couple of months for clinical trials," Young said. KARL YU/ FOR METRO VANCOUVER

metronews.ca
WHAT'S ONLINE TODAY

Video A judge acquits Ottawa Mayor Larry O'Brien of influence peddling charges at **metronews.ca/canada**

Lotteries

Lotto 6/49	2, 5, 12, 31, 34 & 48 Bonus 44
BC 49	6, 15, 18, 26, 38 & 39 Bonus 23
Extra	37, 38, 76, 82

These results are not official.

THE SHP FIREPLACE WAREHOUSE

Visit us for our
GRAND OPENING
Saturday, August 15th
Big Green Egg® demonstrations all day long!
NOW AVAILABLE
BIG GREEN EGG®
The World's Best Smoker and Grill!
Distributors of: Savannah Heating Products Ltd. | Big Green Egg | Monessen | Lexington Forge
#105 - 11091 Bridgeport Road, Richmond, 604-231-8923
www.thefireplacewarehouse.ca • Mon. to Fri. 9 a.m. - 5 p.m., Sat. 10 a.m. - 4 p.m.

Online Dating Fatigue?
Stop wasting time online and experience the difference with LifeMates.
As Vancouver's Leading Matchmaking Company, We:
• Are personalized and safe
• Are not a database spitting out lists of incompatibles
• Ensure high quality matches
• Do the work for you
• Have hundreds of thousands of success stories
FREE CONSULTATION
1-888-546-2837
www.lifematescanada.com/ODF
LifeMates The Relationship People
Relationship Goal Guarantee™

Teens arrested for damaging school property
A handful of North Vancouver teenagers were rounded up by police and delivered to their parents after breaking a window and setting off alarms at Handsworth Secondary School, where they had been drinking. METRO VANCOUVER

Valuable piece of history

KRISTEN THOMPSON
kristen.thompson@metronews.ca

They may be small, but Frank Zavarella's collection of 2010 Olympic pins is a big part of his life — and worth a pretty penny on the pin collectors' market.

Zavarella will be taking his roughly 250 tiny collectibles — worth around $1,250 — to the Richmond Oval this weekend, where a few hundred other pinheads will be converging for the 28th Annual Olympin Collectors' Show.

"When you receive a pin it's an instant connection to a place or an event," said Zavarella. "And it's something that travels the world."

Zavarella said the hobby is similar to stamp collecting or trading stickers and hockey cards.

"As a collector you want to get (unique) pins, and that's where the chase is involved," he said. "Some you get and you're like, 'Oh wow. I can't believe I just got that pin,' because you've been searching for it for so long."

One of Zavarella's most prized 2010 pins was one worn by a delegate that went to Prague when it was announced Vancouver had been awarded the Games.

He also has a rare pin that depicts the Italian and Canadian flags — to recognize the bridge between the Torino and Vancouver Games — that's valuable because the Italian flag was accidentally printed backwards.

"This is what collectors look for," he said.

KRISTEN THOMPSON/METRO VANCOUVER
Frank Zavarella, co-organizer of the 28th Annual Olympin Collectors' Show, shows off one of his prized pins yesterday.

Show info

- The Olympin Collectors' Show runs from Friday to Sunday, and admission is free. For more information visit pacificpinclub.org.

RCMP seeks hate crime charges against 3 men

DANIEL TAM
for Metro Vancouver

MOUNTIES RCMP are recommending hate charges against three men who walked around downtown Ucluelet with anti-Semitic symbols drawn on their bodies and clothing.

The trio, all in their 20s, also yelled racist comments from a boat on July 31 at people walking along a dock before Mounties arrived.

Romy Ritter, executive director of the Canadian Jewish Congress' pacific region said he was "shocked and very disappointed that these young men would choose to paint such symbols of hatred on their clothing and on themselves."

RCMP Sgt. Jeff Swann said the men did not target any specific person.

"It was anybody and random," said Swann. "In my 13 years of policing I haven't seen this type of behaviour before."

The suspects were released from custody yesterday and are set to appear in court next month.

The incident occurred just 28 days after a black man was attacked by three white men in Courtenay in a confrontation that was recorded and posted on YouTube.

Victim of anti-Muslim attack on transit bus still in shock

DANIEL TAM
for Metro Vancouver

POLICE The Muslim man who was called "Bin Laden" and punched on the face while riding a bus last week said he's still in shock.

"I have had trouble sleeping the last few days," said Qasim Baig. "My doctor said if I don't get well in the next couple of days I will have to get assessed by a psychologist."

Baig, 59, is speaking today at an event with the Bus Riders Union to denounce the attack.

Police have made no arrests so far.

The attack occurred on July 31 when a man accused Baig of supporting Bin Laden and punched him above his left eye before fleeing the scene.

News in brief

Jessica Hopkins

MISSING Mounties are looking for an Abbotsford woman who went missing after vacationing in Harrison Lake. Jessica Hopkins was driving home with her sister and two small children when she started acting erratically. After the sister asked to be let out, Hopkins drove off on her own.

CRIME A 14-year-old is appearing in court today to face charges of sexual assault and forcible confinement. Two women were sexually assaulted in separate incidents in July and August.

METRO NEWS SERVICES

Turn 5 debit purchases a week into $910 in annual savings.*

Turn debit purchases into savings with our free *Bank The Rest*® savings program. It's so easy you won't even know you're doing it. Visit your local branch to find out how.

banktherest.com

You're richer than you think.®

Scotiabank®

® Registered trademarks of The Bank of Nova Scotia.
* Based on debit purchases using your *ScotiaCard* of $6.50, 5 times a week, rounded up to the next multiple of $5.

Record-breaking tornado flattens 40 homes

Environment Canada says Mont-Laurier, Quebec, was savaged Tuesday by the strongest tornado to hit the province since the one that destroyed more than 400 homes in Aylmer on the same date in 1994, CBC News Online reports. In Mont-Laurier, about 40 homes were seriously damaged. METRO NEWS SERVICES

Canada

Drabinsky gets 7 years

One-time Broadway and Toronto theatre impresario Garth Drabinsky, left, was sentenced to seven years in jail yesterday and business partner Myron Gottlieb got six for their roles in a half-billion-dollar fraud in the 1990s at their theatre company, Livent. REUTERS

Proposed name change may be risky for NDP, expert says

POLITICS A proposed name change to make the New Democratic Party of Canada appear dynamic and modern looks certain to get lost in translation.

Just ask François Bayrou.

The French politician changed his party's name in 2007 to the Democratic Party — the very name being proposed by some NDP members — and then very quickly changed it again to "Democratic Movement."

The reason? The initials of the party name in French ("Parti démocrate") sounded like "pédé," an offensive term for gays.

"It's probably not an acronym you want to use," said University of Toronto professor David Soberman.

Tinkering with a party brand can carry risks, said Soberman. It evokes memories of another political rebranding misstep — CCRAP (the Canadian Conservative Reform Alliance Party).

TORSTAR NEWS SERVICE

MIKE CARROCCETTO/FOR METRO OTTAWA

Ottawa Mayor Larry O'Brien, centre, gets into a waiting car after the verdict was delivered yesterday at the Elgin Street courthouse. Two influence peddling charges against O'Brien were dismissed in a ruling by Judge Douglas Cunningham.

Ottawa mayor cleared

After three-month trial, Larry O'Brien acquitted of influence peddling

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

During some of the lowest points of his three-month trial, Ottawa Mayor Larry O'Brien would get a lift from residents who would shake his hand and offer their support.

"Anytime I was starting to get a little down, the people of Ottawa really came across with lots of kindness," said O'Brien.

Yesterday Judge Douglas Cunningham dismissed two influence peddling charges against him.

"I just wanted to thank many of my colleagues and many of the people of Ottawa for their support and encouragement.

"I will never forget that in my life."

O'Brien said he didn't allow himself to interpret the outcome as positive until more than halfway through Cunningham's hour-long reading of his decision.

But as he got closer to the end, O'Brien could literally feel a weight lifted off of him and his family members.

Following the verdict, O'Brien said he is going to savour the feeling and is looking forward to getting back to work.

Before the trial, O'Brien had said he intended to run for another term.

But yesterday he said he wanted to take some time before committing to run again.

Nortel sale faces grilling

SALE Parliamentarians will hold a day-long emergency meeting tomorrow to examine the proposed sale of wireless assets from bankrupt Nortel Networks to Sweden's Ericsson.

The investigation by Parliament's industry committee does not have the power to overturn the sale but will put more pressure on the government to review it.

Ericsson submitted the winning $1.13 billion bid for the wireless assets in late July.

But BlackBerry maker Research In Motion, based in Waterloo, Ont., says Nortel's technology should be kept in Canada.

"We want to get some answers on a number of questions. For example, how did the bidding process unfold? Where has the government been on all this?" said Marc Garneau, the Liberal Party's industry spokesperson.

REUTERS

News in brief

FIRES Alberta is sending up to 150 firefighters to British Columbia to fight the raging wildfires. "Alberta is ready to lend firefighting resources to help our neighbours in a time of extreme wildfire activity and hazard in B.C.," said Alberta Premier Ed Stelmach. Alberta has also sent one air tanker and more than 30 personnel to help fight wildfires in Yukon.

METRO NEWS SERVICES

Goof Proof
Self Tan Bronzing Lotion (St. Tropez)
The original lotion for a natural-looking, long-lasting deep tan. All Bronze, not Orange. A Cult Classic.
Very, Very BEAUTIFUL Since 2000 LOCALLY OWNED
YALETOWN
1120 Hamilton Street, #103
604-642-2294
www.beautymark.ca
BEAUTY mark
www.beautymark.ca

The Ireland Insurance Brokerage Group Limited
Whole Life - Cash Value
Dividend Participating Life Insurance
for your whole life
(SOLD THROUGH CANADIAN INSURERS WE REPRESENT)
Phone: 604-689-9117
Toll-free: 1-888-689-9117 • www.irelandinsurance.com

The grocery store sells flour.
Thomas Hobbs Florist sells flowers.
THOMAS HOBBS
FLORIST
2127 WEST 41ST AVE, VANCOUVER 604.263.2601
WWW.THFLORIST.COM

5000 Years of Elegance
Impression China $2,380
9 Days from plus taxes
• Terracotta Warriors • The Great Wall
• Forbidden City • Hanyangling
Including: airfare from Vancouver, most meals, 5-star standard hotels, guaranteed departure, English-speaking guide. No factory shopping!
LION TRAVEL
The True Asia Travel Expert!
Call 1-877-723-2566 BPCPA #25259
Visit www.lionholidays.com for more ASIA Vacations!

Get results and feel great!
Vancouver Personal Training
T-SQUARED PERSONALIZED TRAINING
Call today to schedule a complimentary private consultation (a $100 value) 604-250-9784!
www.Tsquaredtraining.com

Free radios to perk up 'untouchables'
Authorities in eastern India are distributing free radio sets to villagers so that they can listen to music and news to improve their awareness, officials said yesterday. Officials of Bihar state are distributing transistors among hundreds of "Dalits," or the former "untouchables," who remain oppressed at the bottom of India's ancient Hindu caste system. REUTERS

World

A-bomb attacks warranted: Poll

Sixty-one per cent of Americans believe the United States did the right thing by dropping the atomic bomb on Hiroshima and Nagasaki 64 years ago, according to a new poll. Older voters, men and Republicans favoured the attacks more than younger people, women and Democrats, the survey of 2,409 people by Quinnipiac University showed. REUTERS

Philippines **Aquino laid to rest**

ROMEO RANOCO/REUTERS

Supporters hold a picture of late former Philippine president Corazon Aquino during her funeral procession in Manila yesterday. Filipinos gathered in the tens of thousands for the funeral of Aquino, the heroine of the 1986 people power movement who died last week of cancer.

Murder retrial may be halted

A Moscow court could halt the retrial of three men for the murder of Kremlin critic Anna Politkovskaya after prosecutors agreed yesterday the case should be merged with an investigation into who ordered the hit.

The three suspects currently on trial were acquitted by a jury in February of being accomplices in the murder.

But a higher court ordered a retrial, a decision criticized by Politkovskaya's family, who yesterday petitioned for the case to be sent to state prosecutors. If the trial judge rules in favour of the petition tomorrow, the case would be merged with an investigation into the person who ordered the killing.

The man accused of pulling the trigger also remains at large.

The Kremlin has always denied any involvement in her death, saying it was an attempt to discredit Russia.

Vladimir Putin, Russia's president at the time of her killing, said Politkovskaya had "minimal influence" on Russian society. REUTERS

Kremlin critic

- Anna Politkovskaya, who published exposés on rights abuses and corruption in Chechnya, was gunned down outside her apartment in 2006.

Killer wrote about shooting

MURDERS A gunman who killed three women and injured nine others before killing himself at a gym in suburban Pittsburgh wrote on his web page about years of rejection by women, struggles with alcohol, domineering family members and an earlier failed shooting attempt, CBC News Online reports.

The three women killed were Heidi Overmier, 46, Elizabeth Gannon, 49, and Jody Billingsley, 38. The gunman was identified as George Sodini, 48.

Authorities did not immediately confirm that the website belonged to Sodini, but the elaborate nature of the comments suggested authenticity. On the site, Sodini listed his date of death as Aug. 4, 2009. The page ended with the words "Death Lives!"

METRO NEWS SERVICES

U.S. may soften support for Zelaya

COUP U.S. policy on Honduras' political crisis is not aimed at supporting any particular individual, the State Department said in a new letter that implied a softening of its support for ousted President Manuel Zelaya. The letter to Senator Richard Lugar contained criticism of Zelaya, saying he had taken "provocative" actions ahead of his removal by the Honduran military on June 28. "We also recognize that President Zelaya's insistence on undertaking provocative actions contributed to the polarization of Honduran society and led to a confrontation that unleashed the events that led to his removal," Richard Verma, the assistant secretary for legislative affairs, said in the letter.

Ahmadinejad oath brings unrest

IRAN Mahmoud Ahmadinejad was sworn in as Iran's president yesterday in a ceremony boycotted by reformist leaders and parliamentarians and marred by street protests over his victory. Former presidents Mohammad Khatami and Akbar Hashemi Rafsanjani, who support Mir Hossein Mousavi, boycotted the inauguration. Riot police were out in force. REUTERS

Editor on trial over pictures

ZAMBIA A Zambian journalist went on trial for distributing obscene materials yesterday after she sent the vice-president photographs of a woman giving birth.

Chansa Kabwela, news editor at Zambia's The Post newspaper, was arrested last month after she sent selected senior officials images of the woman giving birth without medical assistance during a national health workers' strike over pay.

"The vice-president was very annoyed to see such photographs. He said that he had never seen such photographs before," the vice-president's secretary Kenneth Ngosa told a court in Lusaka.

Kabwela told Reuters the woman's family had taken the pictures and given them to the newspaper, and that since they were not publishable, she had sent them to government officials so that they could stop the strike.

Zambian President Rupiah Banda condemned the Post for circulating what he called pornography. REUTERS

News in brief

INTERNET Iraq is considering blocking websites deemed pornographic or that incite violence or crime, triggering fears of a return to Saddam Hussein-style state censorship and government propaganda. Iraq's Interior Ministry said earlier this week it was looking into banning certain websites, including those it judged are connected to crimes such as money laundering, robbery, prostitution and terrorism. "We think freedom is relative, not absolute. Some would consider this as restricting freedom, while others (would not)," an Interior Ministry statement said. REUTERS

Experience and Knowledge
Practice Areas
• Civil Litigation • Commercial Law • Conveyancing • Wills & Estates
• Family Law • Immigration • Notarization • Personal Injury
Gateway Law Corporation
Kevin Lee, B.Comm (UBC), M.B.A. (York U), LL.B. & PCLL (HKU), NCA (UOttawa)
226 - 515 W Pender St, Vancouver, 604-682-8829 fax: 604-909-4899

"YOU CAN'T BECOME WEALTHY IN A RECESSION, RIGHT?" WRONG!
A SLOW CANADIAN REAL ESTATE MARKET COULD BE YOUR FAST TRACK TO BUILDING WEALTH!

Fortunes **CAN** be made in a down economy because the market is positively bursting with **OPPORTUNITY** – If you know where to look and what to do once you've found it.

That's what Building Wealth™ is all about!

KNOWLEDGE + OPPORTUNITY = SUCCESS

If you're ready to push back against the recession & control your own financial destiny, you need to attend a **FREE** Building Wealth Workshop.

At this **FREE** Workshop, our Building Wealth team will introduce you to power strategies for making money in today's market, including how to:

- Cherry-Pick Property that Can Produce Cash Flow Immediately
- Fund Your Investments with OPM (Other People's Money)
- Create an Action Plan That Could Carry You to the Success You've Always Dreamed About

2 HOURS COULD START YOU ON THE PATH TO FINANCIAL FREEDOM

Building Wealth is presented by one of Canada's outstanding real estate investment training companies. We've been showing people just like you how to amass wealth in any market condition for more than a decade.

DON'T JUST TAKE OUR WORD FOR IT

Listen to Building Wealth students Jason & Marie D. of White City, SK:

*"Approximately 2 years after we began, we became full time investors. … … There are endless opportunities and possibilities."**

Or this from Tony H. of Airdrie, AB:

*"I have purchased 3 properties…2 gave me money back at closing…"**

NOTHING TO LOSE, EVERYTHING TO GAIN

This market won't last forever. Canadian real estate appears poised for a rebound. When that happens, you don't want to be sitting on the sidelines watching others rake in the potential profits that could have been yours. **ACT NOW** while this opportunity still exists.

FREE GIFT

BUILDING WEALTH™

CD-ROM: Building Wealth with Canadian Govt. Assistance
YOURS FREE FOR ATTENDING!

ATTEND THE FREE WORKSHOP COMING TO THE VANCOUVER AREA ON AUGUST 11, 12 OR 13
REGISTER NOW AT WWW.MYBUILDINGWEALTH.CA
OR CALL 1-800-905-1677

*Results may vary and are not typical. Students have not been compensated for their stories. Students have taken various advanced trainings. Jason and Marie D. attended Wholesale Buying, Lease Option, Keys to Creative Financing, Property Management and Cash Flow, MU, Asset Protection, and Foreclosure training. Tony H. attended Lease Option Training. Additional products and services will be offered for sale. © 2009 Whitney Canada, Inc. All Rights Reserved. 09BWC0016 v1 07/09

VANCOUVER
Publisher, Maryse Lalonde
Managing Editor, Fernando Carneiro
Distribution Mgr, George Acimovic

METRO CANADA
Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart
Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt
Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mrktng Director, Jodi Brown

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

Final resting place for relationships

Relating

History is said to be written by the victors, but sometimes it's written by its prisoners, those who just can't stop thinking about it.

Take, for example, Relationship Obituaries (relationshipobit.com), the website created by NPR reporter Kathleen Horan to give the lovelorn a place to eulogize their dead relationships, remember good times gone, chew over old grudges, or just try to figure out what went wrong.

More than 1,000 contributors have posted their stories online and Horan has gathered the best of them into a book, Relationship Obits: The Final Resting Place for Love Gone Wrong.

The idea of a relationship obit makes emotional sense. There is real grief in a breakup. It came to Horan as she dealt with the twin shock of her father's death and getting dumped by her boyfriend of three years. Writing her father's obituary seemed to help her make sense of things, so she wrote another one for her relationship.

"It was a goofy thing to do, but it made it feel real so I could finally cremate the thing and move on," she writes.

Moving on, however, seems to be a challenge for many of the site's correspondents, like the guy who wrote a 20-year-old lament for a fling that lasted 10 days.

On the web

- For more views on relating, go to Love Bytes at metronews.ca/blogs

As for taboos about speaking ill of the dead, or the revisionist politeness that creeps into all but the best obituaries, little can be detected. Obit and autopsy are rolled into one as contributors are encouraged to diagnose the cause of death. Anyone with an ex will recognize some of these assessments, not without the sting of truth but also bearing perhaps a whiff of self-service.

Since they are almost all written by one party to a relationship, they are necessarily one-sided affairs, and some really put the bitch, bitch, bitch in obituary.

Not that a lot of it doesn't sound justified. Utterly credible stories of cheaters, abusers, boozers and losers abound, sometimes all in the same obit.

"The cause of our demise," writes one survivor, "was alcoholism, drug and sex addictions, infidelity, verbal and physical abuse, a complete lack of maturity, reasoning, rational thought or behaviour and a total disrespect for women."

Most of the writers seem to be women. This may or may not surprise you. It didn't surprise me. The freshly ditched man is, in my experience, less likely to spend weeks or months meticulously measuring and apportioning blame than he is to immediately gather buddies and beverages to convene a rigorous Irish wake for the deceased. It's just our way.

Steve Collins offers his best guesses on relationships for Metro every two weeks.

Views

More to Hate about reality TV romances

FourthWave

Meet Luke Conley. He's a great catch: He earns six figures as a real estate investor and is a homeowner at just age 26. He's ready to settle down — with one of 20 women on Fox's new reality show More to Love.

Luke is six-foot-three and 330 pounds. His favourite activities? Eating (cue close-ups of him eating cheeseburgers). Luke's favourite food? "Anything thick and juicy." His prospective mates are also chubby — no matter, though, because he's attracted to "voluptuous, curvy women."

More to Love is touted as the real woman's dating show — the average American woman weighs 162.9 pounds, stands five-foot-four and wears size 14, which isn't too far off from the contestants — but there's no shortage of ways to remind viewers these women are fat.

Contestant Danielle dejectedly describes her dating history: "Always the bridesmaid, never the bride." Their heights and weights are displayed on-screen. One 30-year-old confesses she's never been on a date.

Like most dating shows, it sells the notion that the man makes the woman, and without them, their lives are "less-than" blank slates, upon which men can impress their positive influence.

Sound like a more humiliating version of The Bachelor? Then it's no surprise More to Love was created by The Bachelor's Mike Fleiss. Hell, when news of the show emerged in May, the working title was The Fatchelor.

Fleiss admitted to Business Week that reality TV pushes style over substance. "People like to see the emotional roller-coaster of romance more than the completed romance," he said.

There's no shortage of style here: The camera unflatteringly catches Danielle from behind as she heaves herself out of a pool. The contestants mingle with Mr. Handsome, food and drink in hand. "I love me a stick of meat!" says Bonnie, wrapping her mouth around a kebab.

What are fat people but a curiosity? They're clearly not good enough for regular, non-fat dating shows, otherwise we'd see them outside this arena for mockery.

More to Love may purport to show real women as sexy, desirable beings, but producers turned them into objects as one-dimensional as the Barbies they're not.

Canice Leung is a former editor of Ryerson University feminist magazine McClung's, copy editor at Metro, ardent feminist and loudmouth.

MICHAEL DE ADDER

Tell us your views by email to vancouverletters@metronews.ca or comment on metronews.ca or on Twitter @vancouvermetro

Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Vancouver 1190 Homer Street, Suite 250, Vancouver, BC V6B 2X6, Tel: 604-602-1002; Fax: 1-866-254-6504; Advertising: 604-602-1002 • adinfovancouver@metronews.ca; vancouver_distribution@metronews.ca; News: fernando.carneiro@metronews.ca

Grow your hair
Hair Loss Treatment - Spectral.DNC
Topical solution with herbal extracts to make your hair fuller and thicker.
Clinically proven effective.
masc
604.688.4555
433 davie street

Are you embarrassed about your website?
KIMBODESIGN
kimbodesign.ca

Your Ultimate partner in technology
Custom Installations & Sales
Home Theatre • Lighting
Security Cameras & Alarms
Full range of Electronic Equip.
ULTIMATE CUSTOM U.C.I. INSTALLATIONS
ultimateinstalls.ca • 604.940.2876
Credit Cards and Debit accepted.

Kimberly-Clark goes Green

Paper products giant Kimberly-Clark Corp. joined forces with Greenpeace yesterday, pledging to conserve forests by getting wood fibre from environmentally responsible sources. REUTERS

7

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Labour cuts continue

Recession-wary Canadian employers likely laid off more workers in July as they sought to stay afloat by cutting labour costs, despite signs the economy may be bottoming out this quarter.

Markets expect Statistics Canada to report net job losses in July of 17,500, pushing the unemployment rate to an 11-year high of 8.8 per cent.

That would bring total job losses since the labour market peaked in October 2008 to 388,000.

"We're going to still be seeing a lot of losses because there are cutbacks in production, especially in the forestry industry," said Arlene Kish, senior economist at IHS Global Insight. "We've been seeing that corporate profits are not as bad, or have improved, but again it's based on cost-cutting, so we're going to be seeing a lot of job losses through there."

The Bank of Canada and most economists expect the economy to start growing timidly in the third quarter after three quarters of contraction.

But job seekers won't notice much difference in their fortunes for months to come, most agree. The Canadian government has tried to dampen any hopes of a quick and painless recovery, while maintaining that the worst is over.

REUTERS

'Jobless recovery'

- Most economists believe Canada's labour market will be much better off than in the United States, where many now expect a "jobless recovery" as layoffs persist even after economic growth picks up speed.

Japan **Maternal memories**

KIM KYUNG-HOON / REUTERS

A pregnant woman (reflected in mirror) poses for a nude photo shoot at maternity photo studio Ixchel in Tokyo. An increasing number of women who have just one child later in life are flocking to photo studios to have their pregnant bellies photographed to commemorate the experience.

Private pensions still well-funded, says DBRS

PENSION Private-sector pension plans in Canada are doing better than one might expect after the drop in stock markets in 2008, and funding pressures should remain manageable, rating agency DBRS said in a study yesterday.

After reviewing 70 defined-benefit pension plans at Canada's largest private-sector companies, DBRS said the plans were 95 per cent funded, a "relatively moderate drop" from being 98 per cent funded in 2007.

"In fact, with the past emphasis on reducing pension deficiencies, pension plans are in a strong position to fulfill this goal over the medium term, once an economic recovery begins," said Peter Schroeder, managing director at DBRS.

The plans, which do not include public-sector behemoths such as Quebec's Caisse de depot or the Ontario Teachers' Pension Plan, had $149 billion in plan obligations and $141 billion in plan assets, representing an $8 billion underfunding gap. DBRS said challenges do not begin to arise until pension plan obligation funding falls below 80 per cent. REUTERS

Business in brief

TRAVEL Online travel agency Orbitz WorldWide posted a second-quarter profit yesterday, helped by increased booking transactions and cost-cutting that offset declines in travel demand. The results easily beat expectations for a loss, and shares were up 23.86 per cent at $4.62 US on the New York Stock Exchange.

ENERGY A U.S. power developer is forging ahead with plans to build a huge natural gas plant next to the Nanticoke, Ont., coal-fired generating station, betting the government will need the project to meet its deadline for phasing out coal power. CPV wants to construct a 1,200-megawatt, high-efficiency plant that can help supply electricity in southern Ontario. TORSTAR NEWS SERVICE

Home Phone Lines
All Features FREE
4 Great Plans to Choose From!
Enhanced $14.95/month UNLIMITED Local Calling ✓ All Features FREE
Unlimited Canada $19.95/month UNLIMITED Calling to Canada ✓ All Features FREE
One-Rate $29.95/month UNLIMITED Calling to Canada & U.S.A. ✓ All Features FREE
Global $39.95/month UNLIMITED Calling to 25 COUNTRIES! ✓ All Features FREE
✓ Caller ID
✓ Voicemail
✓ Call Forwarding
✓ Call Waiting
✓ Keep Your Existing Phone Number
✓ Free Comwave to Comwave calls WORLDWIDE!

Limited Time Offer
6 Months FREE!
• Satisfaction Guaranteed!
• Keep Your Existing Phone Number!
See How Comwave Compares to the Competition...
Home Phone Line | + 0 Features | + 5 Features
Rogers $21.95/month | $30.95/month
Bell $17.95/month | $32.95/month
Yak $26.95/month | $38.95/month
Comwave $9.95/month | $14.95/month
SAVE UP TO $377 THIS YEAR!
1-866-543-5122
comwave
comwave.ca

Canada up 26 in FIFA rankings

Canada has moved up 26 spots in FIFA's world rankings following its run at the CONCACAF Gold Cup. Canada is No. 66 on the list released yesterday after two wins and one draw at the Gold Cup before losing to Honduras in the quarter-finals. Brazil retained its No.1 berth ahead of Spain and the Netherlands. METRO NEWS SERVICES

Sports

NFL's new highest paid player

Eli Manning, left, has agreed to a new $97-million US, six-year contract extension with the New York Giants that will make him the highest paid player in the NFL with an average salary of roughly $15.3 million. A person close to the talks who asked not to be identified says Manning is guaranteed $35 million under the deal that will keep him with the Giants through the 2015 season. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Canucks re-sign Jannik Hansen

HOCKEY The Vancouver Canucks re-signed forward Jannik Hansen to an undisclosed contract yesterday.

The 23-year-old recorded six goals and 15 assists in 55 games last season. Prior to last season, he had just five games of NHL experience without recording a point.

The Canucks originally selected the Denmark native in the ninth round of the 2004 NHL Entry Draft, 287th overall.

METRO NEWS SERVICES

G4S
G4S Security Services (Canada) Ltd.
The Leading International Security Provider
FT & PT positions
Must have BST I & 2
Robin Bloch fax 604-683-0621
robin.bloch@ca.g4s.com

Balsillie back in

First Coyotes auction open to all bidders, judge rules

It was a Baum-shell ruling that, at least in the view of a certain bankruptcy court, keeps alive Jim Balsillie's dream of moving the Phoenix Coyotes to Hamilton, Ont.

In a decision filed in a Phoenix court yesterday, Judge Redfield T. Baum ruled that a Sept. 10 auction for the bankrupt Coyotes "shall be open to any and all bidders" and not restricted to those wishing to keep the team in Arizona.

That means Balsillie, the Canadian billionaire and Research in Motion co-founder, will have his bid of $212.5 million (all figures U.S.) heard along with two other bids for the NHL franchise. Baum earlier referred to Balsillie's offer as the "highest and best" of the three anticipated bids.

"We think Jim Balsillie's bid will emerge the winner because it offers the best financial terms and the most solid hockey market in Hamilton."
Bill Walker, spokesman for Jim Balsillie

"From the time his bid was launched, Jim Balsillie has said that all he is asking for is a chance to bid for the Coyotes at auction through the bankruptcy court process on a level playing field and let the best bid win. That's fair and transparent. It's the best outcome for creditors and for the future of the franchise," Balsillie spokesperson Bill Walker said in a statement.

"We think Jim Balsillie's bid will emerge the winner because it offers the best financial terms and the most solid hockey market in Hamilton."

Understanding that his ruling will be contentious, Baum has scheduled a hearing for Aug. 11 to examine all the issues surrounding the auction.

TORSTAR NEWS SERVICE

Blue Jays Doubling up Damon

MARK BLINCH/REUTERS

Toronto second baseman Aaron Hill attempts to turn a double play over New York's Johnny Damon last night in Toronto. The Yankees beat the Blue Jays 8-4.

Sports in brief

NHL Defenceman Teppo Numminen has announced his retirement after 20 years in the NHL. The 41-year-old spent the last four seasons in Buffalo.

HOCKEY Brendan Shanahan is returning for a 22nd NHL season, having signed a one-year deal with New Jersey yesterday. METRO NEWS SERVICES

WIN EVA Airways' Tickets to Asia

Enter for a chance to win return airfare for two people to fly from Vancouver to any China or South East Asia destination that EVA Air flies to.

Approximate value $8,000.00.

EVA AIR
Sharing the World, Flying Together

metro metronews.ca

EVA Wings -- Booking, Buying and Bonuses just a click away at www.evaair.com Contact us at our local service hotline: 800-695-1188

No purchase necessary. Enter daily for more chances to win. Contest is open to Canadian residents of legal age, excluding residents of Quebec. Contest closes August 31/09 at 11:59 pm. Odds of winning depend on the number of entries received. For full contest rules and details, visit www.metronews.ca

Exclusive
Stanley's 684 Piece Household Kit is available exclusively at Wal-Mart for $12.99. METRO NEWS SERVICES

Metro Homes

Toolkit for all

Stenley recently released the 684 Piece Household Kit, A handy all-in-one kit for the house, cottage, trailer and even college Residence. You'll always know where to find the pieces you need for little chores around the house. The kit contains everything for hanging pictures, shelves, posters, and even your to-do list. See stanleyhardware.com.

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

All you'd ever need in Vista West

A varied collection of detached, single-family homes is offered in West Cloverdale — all with mountain and valley views, near 13 acres of dedicated tree park, paths and trails.

Vista West is a subdivision of 171 homes ranging in size from 1,700- to 2,300-square-feet. The three- and four-bedroom plans include an additional unfinished basement. They start at $499,900 plus GST.

The development is built by Foxbridge Homes, which is part of the Qualico Group of Companies.

All homes include solid maple cabinetry in a choice of nine stains, oversized window, nine or 10-foot ceilings, balconies off the master bedroom, large decks and verandahs.

Buyers can also choose the kitchen backsplash, bathroom colours and the carpet.

The neighbourhood, which includes homes that back onto the forest, face south, cul de sac lots and more, includes two elementary schools within walking distance and the Cloverdale Athletic Park.

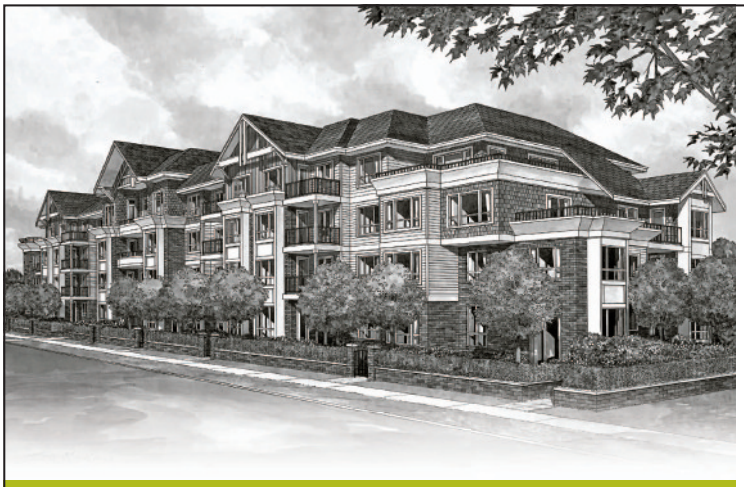
The show homes are located at 6093-164 Street in Surrey. For more information call 778-571-1389 or check online at liveatvistas.com.

FOR METRO VANCOUVER

Pluses

- Buyers have the option of having Foxridge finish the basement and have that included in the 2-5-10 new-home warranty.
- The front and back yard are landscaped and fenced.

Seen here are some shots from the homes in the Vista West subdivision in West Cloverdale.



SAVE UP TO $100,000

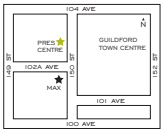
MOVE IN JANUARY 2010!

MAX

SHOW HOME SALE NOW ON!

ONE BEDROOMS FROM THE $190's
TWO BEDROOMS FROM THE $250's

MAX is a limited collection of 1 bedroom, 1 bedroom plus den, 2 bedroom, 2 bedroom plus den homes designed for entertaining in elegance and style. Architecture with classic brick, richly textured beams and chalet-inspired peak roof lines in pure West Coast style. Experience a trend setting neighborhood with a brand new look at Guildford Town Centre.* Live well in designer Condominiums.



Hayer
NATIONAL HOME PROTECTION
FIFTH AVENUE

Visit Our Presentation Centre
10307 150 ST, SURREY
OPEN NOON TO 5PM (CLOSED FRIDAYS)

604 583 3873 • MAXON150.COM

Starting prices are exclusive of net GST. Shopping Centre future plans provided by Ivanhoe Cambridge Group with permission. E. & O. E. Don't miss out!

Kitchen Creations Ltd.
604-726-3962
www.kitchenscreations.com
One Day Cabinet Restoration
Cabinet Refacing
Custom Cabinets
Countertops • Online Store

Visit metronews.ca to watch
metretube of the day

Decor Read more in the August issue of STYLE AT HOME magazine. ON SALE NOW! styleathome.com | CANADA'S styleathome

Best guest

Hostess gifts under $10

Invited to spend the weekend with friends at their summer place? Here's some inspiration for personalized thank-you gifts. Written and produced by Susan Rogers – photography by Paul Chmielowiec

jam session

• $5.57 each
People appreciate a pantry treat they're unlikely to buy for themselves, like some sweet little bowls and ceramic spoons. Perfect for any cottage breakfast table, especially when serving specialty jams and jellies. Bowls, $.89; spoons, $.69, (Tap Phong Trading Co.); jam, $3.99, (Crabtree & Evelyn).

grill seekers

• $9.93
A saucy marinade, basting brush and handy grill-side cloth make a gourmet-worthy gift. Include a bottle of store-bought barbecue sauce or make your own for added value. PC silicone basting brush, $4.99; dishclothe $1.95; barbecue sauce $2.99; (Loblaws).

best friends

• $9.98
Don't forget Rover and Felix! Hosts will appreciate your recognition of four-legged family members. Pack a pet-food bowl with treats and toys. Include a bag of dog biscuits or cat cookies, and you'll soon have a new BFF (best furry friend!). Bowls, $3.99; wooly mouse toy, $4.99; ball $1.99, (Petsmart); PC Gnaw & Paw dog biscuits, $2, (Loblaws).

Get mortgage advice wherever you are.

• Expert mortgage advice
• We come to you

Our Mobile Mortgage Specialists make getting a mortgage more comfortable.

That's because our Mobile Mortgage Specialists come to you. Days, evenings, weekends, whenever it's most convenient. We'll take the time to help you understand all of your options, and work with you to get a mortgage that fits your unique situation. Most importantly, our work isn't done until you're entirely comfortable with your decision. It's expert mortgage advice, entirely on your terms.

To find a Mobile Mortgage Specialist today, visit www.tdcanadatrust.com/mobilemortgage or call 1-800-974-2315

TD Canada Trust
Banking can be this comfortable

ELLE CANADA

ELLE Canada magazine on sale now!
Beauty special: Experts dish their top tricks, only in our September issue!
STYLE CONTENT BY ELLE CANADA, SEE MORE AT: **ellecanada.com**

Style

Fall fashion spectacular! Canada's edgiest model wears the season's top looks, only in ELLE Canada.

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Suede, Guess ($165, 1-800-465-2638)
Leather, Miss Sixty ($269, info@sixtycanada.com)
Suede ($60, at Spring)
ANKLE BOOTS
Go short, sassy and sexy!
Suede and leather, Marciano ($278, 1-800-465-3638)
Cuir, Killah ($199, info@sixtycanada.com)
Pleather ($100, at Aldo)
STUDIO ANDRÉ DOYON

Editors' Pick

THE SNAPPER

An originator of the now familiar "chic people on the street" blogs, Scott Schuman (a.k.a The Sartorialist) is launching his first book this fall. "Everyone I know says 'I love to people-watch,'" says Schuman. "Technology has just caught up to human instinct. Now we have a digital park bench." His 500-page book contains sections on favourite subjects like Carine Roitfeld and pages devoted to androgyny and personal style. Schuman counts Cary Grant among his own style icons: "I love style with a sense of humour."

THE WRIGHT STUFF

Amazing to contemplate what Frank Lloyd Wright —who created Fallingwater in the age of blueprints and slide rules — might have built with the sophisticated computer software that contemporary architects, such as Frank Gehry, use to defy mass and stress. Frank Lloyd Wright: From Within Outward is a fascinating compilation of essays, photography and drawings from more than 200 projects.

Kenya's**Style**

Kenya Hunt

Exclusively at metronews.ca/globalstyle

Tilberg keeps it real

By CATHERINE FRANKLIN
Beauty and Health Editor

I first met Tasha Tilberg 15 years ago, when she was 15 years old. The industry was buzzing about the pixie with the angel face, so I booked her for a fashion shoot to see what all the excitement was about. She was terribly young, and the sample-size clothes swam on her, but her intense gaze, quirky personality and natural beauty won everyone over. I knew that it was only a matter of time before she left Canada for starrier skies, and, sure enough, she quickly rose to fame in the mid-'90s, when fashion started turning its back on the overexposed supermodels.

Recently, Tilberg was in Toronto as the face of Rides Repair, the new skin-care line from Biotherm. We meet in L'Oréal's busy headquarters. Tilberg is gorgeous, but there's no sign of the signature nose ring that used to lend a unique toughness to her fragile frame and delicate face.

"I still have it, and I find [the reaction it gets] very interesting," she says.

To read these stories and more, visit: **ellecanada.com**

RECOMMENDED BY METRO READERS

Top 5 Mechanics

- ***West Coast Auto Sport - Raffi Taschdjian***
  "Honest, reliable, keeps my car running like new!"
- ***Edmonds Motors***
  "Honest mechanic. My good experience was from repair for air care."
- ***Raj***
  "He's a good mechanic"
- ***Minit-Tune & Break Auto Centre***
  "I've been going to them for years. They are really honest, do the work quickly and try to keep your cost as low as possible."
- ***Discount Auto Repair Ltd.***
  "Starting price for an oil change is $19.95"

Visit metronews.ca/gigpark for thousands of reader recommendations

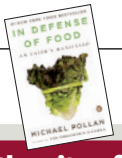
Powered by metro and gigpark

vancouver's **hottest new fashion + beauty** institute
diploma and certificate courses in:
esthetics, nails, make up, modeling and aromatherapy
604-304-3303 • borealisacademy.com

Get that phone you wanted... for FREE!
This weekend only, get $25 off your favorite Fido phone![1]
Pepper Wireless Exclusive Dealer fido

Only available at the Pepper Wireless Surrey Central City location!
#2659-10153 King George Hwy, near the Food Court
Tel: 604-951-3338, Hrs: 10AM - 6PM

A one-time activation fee of $35 per line applies. Local airtime over the allotted monthly minutes in the monthly plan, long-distance and roaming charges and any additional options selected and applicable taxes are extra and are also billed monthly. Offers and pricing subject to change without prior notice, and is only available at the above-listed Pepper Wireless location, on August 8th and 9th of 2009, valid while quantities last, and requires a new 2-years Fido Agreement. ™ Fido & design and Fido Dollars are trademarks of Fido Solutions Inc. ©2009 Fido Solutions Inc.



A bestselling defense

In Defense of Food: An Eater's Manifesto by Michael Pollan topped the cookbook bestsellers' list last week at Amazon.ca. The Omnivore's Dilemma came in second and Simply Great Food in third. METRO NEWS SERVICES

Food

In 1986, the city of Nanaimo held a contest to find the best Nanaimo bar recipe. A recipe submitted by Joyce Hardcastle won and is now known as the official Nanaimo bar recipe.

FOODTV.CA

Fave flavour?

Today, many variations for the middle layer of a Nanaimo Bar exist — such as cherry, peanut butter, mint and cappuccino.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Hot sandwich, cool bar

Quick and easy summer recipes are only a click away thanks to 20 Minute Supper Club. Find lots of inspiring alternatives to burgers 'n' dogs in the brand-new Grill Guide at 20minutesupperclub.com.

This week's tasty and nutritious meal features a Summer Sausage BBQ Panini Sandwich with Corn Relish, and delicious Nanaimo Bars for dessert. Ciabatta bread is ideal for this sandwich because of its crusty outside and airy interior. If you don't have a barbecue, you can also use a Panini grill or heavy-bottomed skillet for this recipe.

Nanaimo Bars are satisfying any way you make them, but in the ones pictured we actually doubled the chocolate to get that thick, chocolatey base. The best part about these sweet treats is that you can freeze them easily, and they keep their decadent chocolate flavour until the next time you pull them out. -CHRISTY PENGILLY

CARLO MENDOZA PHOTO

CARLO MENDOZA PHOTO

Summer Sausage Panini Sandwich with Quick Corn Relish and Nanaimo Bars, right.

Summer Sausage Panini Sandwich with Quick Corn Relish

Recipe Developed by Paula Bowman.

SERVES 4
PREP TIME: 10 MINUTES
COOKING TIME: 10 MINUTES

INGREDIENTS:

- 2 cobs corn, kernels removed
- 1/3 cup water
- 1/4 cup finely diced red onion
- 3 tbsp apple cider vinegar
- 1 tbsp sugar
- 1/4 tsp crushed red pepper flakes
- 2 tbsp olive oil
- Kosher salt and freshly ground black pepper
- 1 avocado, halved, pitted, peeled and roughly diced
- 1/4 tsp minced garlic
- 1 16 oz ciabatta bread or 4 individual ciabatta rolls, halved diagonally
- 2 plum tomatoes, thinly sliced
- 8 slices old cheddar
- 1/2 lb thin sliced Mennonite summer sausage or similar summer sausage

METHOD:

1. Preheat grill to medium-high
2. In a non-stick skillet set over medium-high heat, combine first 6 ingredients plus 1-tablespoon olive oil and bring to a boil. Reduce heat to a simmer and cook until liquid has been absorbed and corn begins to lightly caramelize, about 6 minutes. Remove from heat, season with salt and pepper and set aside.
3. Meanwhile, in a small bowl, combine avocado and garlic and stir in 2-teaspoons olive oil, mash slightly with a fork, season with salt and pepper and mix well. Lightly brush outside of ciabatta loaf with remaining olive oil and season with salt and pepper. Lay both halves of bread open on a cookie sheet and spread avocado mixture on inside top layer of bread. Cover avocado with a layer of tomatoes, followed by layers of cheese and summer sausage. When corn relish is finished cooking, distribute evenly to bottom layer of bread. Put both halves together and press gently.
4. Transfer sandwiches to a hot grill and cook, pressing lightly with a spatula until crispy on the bottom, about 3 minutes. Carefully turn sandwiches over, using a spatula and continue to cook until crispy and warmed through, about 3 minutes. Use cookie sheet to transfer to cutting board. Cut sandwich into quarters and serve warm.

Nanaimo Bars

SERVES 16
PREP TIME: 20 MINUTES
COOKING TIME: 2 MINUTES

INGREDIENTS:

Bottom Layer:

- 1/2 cup unsalted butter
- 1/4 cup granulated sugar
- 5 tablespoon cocoa powder
- 2 teaspoon vanilla extract
- 1 egg beaten
- 1-1/2 cup graham wafer crumbs
- 1/2 cup finely chopped hazelnuts (or try pecans, walnuts or almonds)
- 1 cup finely shredded coconut

Middle Layer Ingredients:

- 1/4 cup unsalted butter
- 2 tablespoon milk
- 1 tablespoon 35% cream
- 2 tablespoon vanilla custard powder
- 2 cup icing sugar

Top Layer Ingredients:

- 4 ounce bittersweet chocolate
- 2 tablespoon unsalted butter

METHOD:

1. Melt first four ingredients in double boiler.
2. Add egg and stir to cook and thicken. Remove from heat.
3. Stir in crumbs, nuts and coconut. Press firmly into a greased 8" x 8" pan. Chill while you prepare the middle layer.

Middle Layer:

1. Using an electric mixer, cream all ingredients together, beating well until light in colour.
2. Spread evenly over chilled bottom layer. Place back into fridge to chill while top is being prepared.

Top Layer:

1. Melt chocolate and butter in a bowl over a double boiler.
2. Cool slightly — the chocolate should still be pourable.
3. Spread gently over second layer so as not to mix the two layers together.
4. Refrigerate until set.

20 minute SUPPER CLUB

Weekly winners

- Exclusive contest for Metro readers! Visit 20minutesupperclub.com/metro and be entered to win a $50 President's Choice gift certificate to stock your cupboards with delicious PC products. For product information and store locations, visit PC.ca.
- A weekly winner will be drawn from now until the end of October.

Morning, Noon and Night at **River Rock**

thebuffet AT RIVER ROCK
LOCATED ON THE 3RD FLOOR
NOW OPEN
Join us + Spin to Win
(Now thru AUGUST 31st)

Tramonto · thebuffet · Lulu's Lounge

8811 River Road, Richmond • 604.247.8900 • www.riverrock.com
August 17th - Get on board the Canada Line - River Rock at Bridgeport Station
Now you're living | RiverRock CASINO RESORT

Be Mentored by the Pros!
nimbus School of Recording Arts
Enroll now to reserve your spot!
604.875.8998 • www.nimbusrecording.com
Garth Richardson (Rage Against the Machine)
Bob Ezrin (Pink Floyd, Alice Cooper & Kiss), Michael McCarty (Billy Talent)

Mr. Pickwick's
2pc Cod & Chips with Tartar Sauce $6.98*
World Famous Fish & Chips
604-266-2340 • 8620 Granville Street, Vancouver
Open Daily 11am to 9 pm • www.mrpickwicks.bc.ca
*Must present coupon for offer. Available at the Granville location only.

Fast Flavours from Donna Hay
Fridge and pantry empty? Take heart from the simple combinations in the Fast Flavours chapter — in Donna Hay's No Time To Cook — which only needs a few ingredients, a grill pan or a barbeque, and a few minutes to let intense flavours unfold. METRO NEWS SERVICES

No time to cook?

Donna Hay is one of the best-known names in cookbook and magazine publishing in the world: Her previous books have sold more than 2.2 million copies worldwide.
Hay's new book, No Time to Cook: Fresh & Easy Recipes for a Fast Forward World (HarperCollins), is full of delicious, simple food that won't eat up your whole evening. Try these two recipes to get started:

Spinach, Ricotta & Dill Pies

SERVES 2 NOW, 2 LATER

INGREDIENTS:
• 4 sheets (25 cm x 25 cm) store-bought shortcrust pastry, thawed

Spinach-ricotta filling:
• 250 g frozen spinach, thawed
• 600 g ricotta
• 3 eggs
• 1/2 cup (40 g) finely grated parmesan
• 2 green onions (scallions), finely sliced
• 2 tablespoons coarsely chopped flatleaf parsley leaves
• 2 tablespoons coarsely chopped dill leaves
• sea salt and cracked black pepper

METHOD:
Preheat oven to 180°C (355°F). Cut pastry to fit 4 x 1-cup (250ml) pie dishes, allowing for an overhang.

To make the spinch–ricotta filling, squeeze out excess water from spinach, place in bowl with ricotta, eggs, parmesan, onion, parsley, dill, salt and pepper and mix together well.

Divide filling between pastry-lined dishes and bake for 30 minutes or until filling sets. To freeze, wrap pie dishes in a layer of baking paper, then plastic wrap and aluminium foil to seal. Freeze for up to 3 months.

Flourless Chocolate Cake

SERVES 12

INGREDIENTS:
• 350 g quality dark chocolate, chopped
• 185 g unsalted butter, chopped
• 6 eggs
• 1 cup (220 g) brown sugar
• 1/4 cup (60 ml) hazelnut liqueur
• 1 cup (100 g) ground hazelnuts

Hazelnut cream:
• 300 ml cream
• 1/4 cup (60 ml) hazelnut liqueur, extra

METHOD:
Preheat oven to 170°C (340°F). Line the base and sides of a 22-cm springform pan with non-stick baking paper.

Place chocolate and butter into a saucepan over low heat and stir until melted.

Flourless Chocolate Cake.

Spinach, Ricotta & Dill Pies.

Place eggs, sugar, liqueur and hazelnuts into a bowl and whisk to combine. Add chocolate mixture and whisk until smooth. Spoon mixture into tin and cover with aluminium foil.

Bake for 40 minutes. Remove foil and cool cake in tin then refrigerate until cold.

To make hazelnut cream, place the cream and liqueur in a bowl and beat with electric beaters or a whisk until soft peaks form. Cover and refrigerate until just before serving. Serve with hazelnut cream.

Jump on some hoppin' apps.

BlackBerry® Curve™ 8330 smartphone
$29.99* (3 year term) | $449.99 (no term)

BlackBerry® Storm™ 9530 smartphone
$149.99* (3 year term) | $599.99 (no term)

NEW BlackBerry® Tour™ 9630 smartphone
$229.99* (3 year term) | $599.99 (no term)

BlackBerry® apps are the easiest way for you to get a jump on life. From being more productive to figuring out where you should hook up with friends. There's even an app that'll show you how to grill tofu. So how will BlackBerry apps help you make the most of your time? Check them out at telusmobility.com/apps.

TELUS
the future is friendly®

Phone availability and price may vary. Prices are subject to change without notice. *Effective net price after in-store discount at time of activation. Prices available for clients (new and renewal) who activate on a 3 year term with any non-promotional voice rate plan of $20 or greater and data add-on of $15 or greater. TELUS reserves the right to modify eligible rate plans with this offer at any time without advance notice. TELUS, the TELUS logo and the future is friendly are trademarks used under licence from TELUS Corporation. BlackBerry®, RIM®, Research In Motion®, SureType®, SurePress™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Used under license from Research In Motion Limited. Food Network is a trademark of Television Food Network G.P.; used with permission. All other trademarks are the property of their respective owners. © 2009 TELUS.

ELLE
"Nora Ephron serves up a mixture of talent, humor, and grace in a DELICIOUS NEW COMEDY!"
Meryl Streep Amy Adams
Written for the Screen and Directed by
Nora Ephron
Julie & Julia
COLUMBIA PICTURES PRESENTS AN EASY THERE TIGER/AMY ROBINSON PRODUCTION A LAURENCE MARK PRODUCTION A FILM BY NORA EPHRON "JULIE & JULIA" STANLEY TUCCI CHRIS MESSINA LINDA EMOND MUSIC BY ALEXANDRE DESPLAT CASTING DESIGNER ANN ROTH EDITOR RICHARD MARKS, A.C.E. PRODUCTION DESIGNER MARK RICKER DIRECTOR OF PHOTOGRAPHY STEPHEN GOLDBLATT, ASC BSC EXECUTIVE SCOTT RUDIN DONALD J. LEE, JR. DANA STEVENS BASED ON THE BOOKS JULIE & JULIA BY JULIE POWELL AND MY LIFE IN FRANCE BY JULIA CHILD WITH ALEX PROUD'HOMME SCREENPLAY BY NORA EPHRON
PRODUCED BY LAURENCE MARK NORA EPHRON AMY ROBINSON ERIC STEEL DIRECTED BY NORA EPHRON
COLUMBIA PICTURES
PG COARSE LANGUAGE
JulieAndJulia.ca
Read the Back Bay and Anchor Books
STARTS FRIDAY

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

The when-in-doubt wine

A few weeks ago I mentioned that riesling-based wines were one of a number of '70s drinkables making a serious 21st century comeback and it's great to hear that so many of you agree.

I received at least a gigabytes worth of email suggesting the grape makes a happy union with everything from Chinese, Japanese and Mexican dishes to shellfish, poultry and most cheeses.

This ability to accommodate has made riesling the classic when-in-doubt wine. Of course it tastes great on its own, but it really shines when served with food. Also, the fact that it's grown so successfully around the world gives it an international personality (i.e. they don't all taste the same) that makes it even more appealing to the serious wine enthusiast.

Riesling's first home was Germany and soft, fruity wines like **Lingenfelder's 2005 Bird Label Riesling ($14.95 - $18.99)** are the modern face of the grape in that country. Tasting like biting into a juicy green apple; it's truly medium dry with a nice nip of acidity.

Australia's **Wolf Blass 2007 Yellow Label Riesling ($13.99 - $17.99)** has a bit more of that old school petrol aroma and a refreshingly dry flavour of apple and mineral.

Prices reflect the range across the country. Some products may not be available in all provinces.

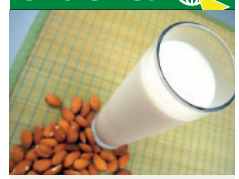
Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Top chef, protégé reunited at West

DINNER On Monday, Aug. 31, one of the United Kingdom's most accomplished chefs, Richard Neat, will be reunited with his protégé, West's own Warren Geraghty, for a very special guest chef dinner at Vancouver's West Restaurant.

The seven-course menu is priced at $138, plus tax and gratuity. Reservations are now being accepted from 6:30 to 7:30 pm. Call 604 738 8938 to reserve your table. Visit westrestaurant.com for details. METRO NEWS SERVICES

On the web



Global Peasant:

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Visit metronews.ca/globalpeasant for her recipe for raw nut milk.

NEW
MELTED BLT TOASTED TWISTER
Try it today!
pepsi
Aquafina plus+
KFC
BONUS Combo includes an AQUAFINA PLUS+™ 591 ML Vitamin Enhanced Water
Always read and follow the label. Bonus is applicable to the Melted BLT Toasted Twister combo only. While supplies last. No cash value. Product cannot be exchanged for other beverage products. Aquafina Plus™ - PepsiCo Inc. Used under licence. For a limited time only. At participating restaurants. ® Reg. TM/MC Yum! Restaurants International (Canada) LP; Used under license/Utilisée sous licence. Pepsi ® - PepsiCo Inc. Used under licence.
DOUBLE BIG CRUNCH COMBO
$7.99 Plus tax
Includes 2 Big Crunch sandwiches, 1 individual fries and 1 regular soft drink.
Redeemable at participating KFC Restaurants. Not valid with any other offer. Prices may vary. Please present coupon when ordering. Coupon expires September 6, 2009. (Code 28)
TWO CAN DINE
$9.99 Plus tax
SAVE $6.59
Includes 6 pcs of chicken, 2 individual fries, 2 individual salads and 2 regular soft drinks.
Redeemable at participating KFC Restaurants. Not valid with any other offer. Prices may vary. Please present coupon when ordering. Premium charge for white meat where available. Coupon expires September 6, 2009. (Code 27)
TWO CAN DINE
$9.99 Plus tax
SAVE $6.59
Includes 6 pcs of chicken, 2 individual fries, 2 individual salads and 2 regular soft drinks.
Redeemable at participating KFC Restaurants. Not valid with any other offer. Prices may vary. Please present coupon when ordering. Premium charge for white meat where available. Coupon expires September 6, 2009. (Code 27)
4 PIECE DEAL
$5.99 Plus tax
SAVE $3.30
Includes 4 pcs of chicken, individual fries, individual salad and regular soft drink.
Redeemable at participating KFC Restaurants. Not valid with any other offer. Prices may vary. Please present coupon when ordering. Premium charge for white meat where available. Coupon expires September 6, 2009. (Code 26)

An Evening in Provence
On Aug. 19 at 6 p.m., Hart House Restaurant at Deer Lake will be holding its annual garden party, celebrating French wine and Provençal cuisine. The first hour will be a tasting, followed by dinner served al fresco in the gardens. Tickets $45. Call 604-2984278. METRO NEWS SERVICES

Urban Foodie

Location isn't everything for these spots

ANYA LEVYKH
anya.levykh@gmail.com

We've all heard the tired mantra: Location, location ... location. It's all about location, right? Especially for restaurants. How else does one explain the profusion of lacklustre dining experiences that dot our waterfronts like an angry infestation of black ants?

But the opposite can also hold true. For these restaurants — daring loners who are forced to rely on (gasp) good food, good value and good service — the bad location — meaning no close proximity to a large shopping centre, entertainment strip or waterfront — means less competition and the grateful patronage of local residents who appreciate not having to hoof through three districts for a decent meal.

Les Faux Bourgeois
663 East 15 Ave
604-873-9733
lesfauxbourgeois.com

It's a bustling French bistro set in the Bermuda triangle between Fraser Street, Kingsway and East 15 Avenue. Surrounded by plenty of cheap pho spots, dubious repair shops and a large bible store, it's the classic story of the little restaurant that could. The menu is as straightforward as you can get. Confit, pâtés, escargots and steak frites are staples. Mains are all under $20 and portions are hearty. The wine list is select and well chosen, with glasses hovering between $6 and $12.

Campagnolo
1020 Main St
604-484-6018
campagnolorestaurant.ca

The location isn't quite as exciting as the corner of Main and Hastings streets, but the huddled, unwashed masses of the DTES pass by with regular frequency, and the restaurant's proximity to a SkyTrain station also doesn't help with the glamour factor. But all is forgotten when you walk through the doors and taste the dishes of Italy's Emilia-Romagna and Piedmont regions, made with fresh, local ingredients. Items like crispy ceci (deep-fried chickpeas) and fried pigs' feet are bestsellers and both are under $10. Pizzas, pastas and mains are all under $20, and the house-made salumi is so popular, it's featured on menus all over town.

Accents
1967 West Broadway
604-734-6660
accentsrestaurant.com

The location may not be quite as remote as some of the others listed here, but you'd never know this is one of the last bastions of quality Russian dining in Vancouver — and by that I don't mean perogies and borscht. In fact, you may not have even known a restaurant existed there, as the signage is practically non-existent and the windows are heavily curtained. But the value is some of the best in the city — everything is on a prix fixe system that maxes out around $30 for three large courses — and the lamb Karski and goat cheese strudels are second to none. With 50 appetizers, and almost as many mains to choose from, you've got a good excuse to come back a few times.

Two Chefs and a Table
305 Alexander St
778-233-1303
twochefsandatable.com

Situated in Railtown, the no-man's land between trendy Gastown and the DTES, this is not a location to attract the hordes. And yet, the simple, revolving menu of fresh, inventive dishes and high-value meals — try the five-course chef's menu for $44 — keeps a steady flow of regular diners and intrepid tourists walking in. The $8 mac 'n' cheese lunch comes with salad and fries, and the charcuterie selections are solid.

On the web
- Read the full article online at metronews.ca/vancouver/columnist/40411.
- Chew more on Anya's blog at metronews.ca/vancouver/blog/136310.

ANYA LEVYKH/FOR METRO VANCOUVER

Niçoise salad with seared ahi tuna at Les Faux Bourgeois.

UnWined

Sip • Savour • Share

- Any 2 starters
- A 4 item cheese & charcuterie plate
- A bottle of wine from a featured selection
- $59 - The perfect way to share an evening!

Whether an intimate dinner for two, or a group gathering for 30, we have the ideal location to Sip, Savour and UnWine'd.

1180 Howe Street, Vancouver
For dinner or group reservations call
604-682-5225 or E-mail info@unwined.ca

Enter to Win $50 to dine at UnWine'd
visit metronews.ca/vancouver/win

ADVERTISING FEATURE

Urban Eats

Presto Cucina
Promotion: Spaghetti & Meatballs for 2, includes a half litre of house wine for $24 (plus tax).
2272 West 4th Avenue
604.731.7222
prestocucina.ca

Dockside Restaurant
Great view! Great food! Award Winning Patio! Open for Breakfast, Lunch, Dinner & Sunday Brunch.
1253 Johnston Street
604.685.7070
docksidebrewing.com

Medley's Bistro & Lounge
Market fresh lunch buffet. Monday - Friday 11:30 a.m. to 2 p.m. **Only $10.95!**
Holiday Inn Downtown
604.684.2151
hivancouverdowntown.com

Capones
Live Jazz 7 nights a week. New owners, flavours and same great jazz! Great patio! Watch for our new outdoor bar.
1141 Hamilton Street
604.684.7900
caponesrestaurant.net

Shakin' Not Stirred
Yaletown's newest hot spot. Home of the 007 Dollar 3 oz. Martini. Open from 4 p.m. daily. Happy Hour from 4 - 6 p.m.
1144 Homer Street
604.609.0901
007lounge.ca

Cheers
$5 Breakfast!
After 10 a.m. All Day
Bacon & Eggs or Sausages & Eggs, Toast, Coffee or Tea
125 East 2nd St, N. Van
604.985.9192
cheerscatering.net

Rosie, partner deny break up rumours
Contrary to tabloid reports, Rosie O'Donnell and longtime partner Kelli Carpenter-O'Donnell are not breaking up. "There is no truth to this — at all," says O'Donnell's rep. **PEOPLE.COM**

Entertainment

Hollywood hunk

Robert Pattinson was crowned Sexiest Man In The World by a British magazine. The Twilight heart-throb topped the list compiled by Glamour magazine to find the hottest Hollywood hunk.
FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Anjulie crafts infectious sounds

Anjulie

Album: Boom
Label: Hear/Universal
Rating: ●●●●

CANADA HAS HAD a long history of breaking big female artists and its about to do it again. Oakville, Ont.'s Anjulie has been making music for a while, mostly writing for other people including Kreesha Turner, but her debut should catapult her onto the world stage. Her and her songwriting partner, the Philosopher Kings' Jon Levine, have put together a diverse collection of incredibly infectious sounds. While it's centred around R&B grooves, generous amounts of jazz, soul and bossa nova find their way in as well. Picture a more eclectic Nelly Furtado.

Bryan Borzykowski/for Metro Canada

Modest Mouse

Album: No One's First and You're Next
Label: Epic/Sony Music
Rating: ●●½

MODEST MOUSE IS no longer an obscure indie rock act, but don't expect their latest disc to get much play. This new EP consists of b-sides and unreleased material that dates back to 2004, and while these tunes have all the elements that have made the band famous, there's a reason these tracks never made albums. They're mostly unfocused — the angry Satellite Skin sounds like a single, but it's about as middling as a rock song can get. The six minute Whale Song is the best thing here, but otherwise this is the definition of filler. **Bryan Borzykowski/for Metro Canada**

Lightning Dust

Album: Infinite Light
Label: Jagjaguwar
Rating: ●●●●

IF VANCOUVER'S BLACK Mountain is renowned for crafting stoner rock, then this second outing from this side project from BM's Amber Webber and Joshua Wells might qualify as stoner pop. At least that's the effect produced from combining Webber's shaky, reverb-drenched warbles with grand and electric pianos, soft background organ, acoustic guitar, spacey strings and the occasional wild drum fill. Save for the '80s-infused I Knew and goth-inspired Never Need, try imagining the eccentric beauty of an early Stevie Nicks singing in a Ziggy Stardust-era Bowie fashion.

Ian Nathanson/for Metro Canada

Dead and Devine

Album: The Machines We Are
Label: Jagjaguwar
Rating: ●●●

THE COMFORTABLE suburban streets of Burlington, Ont., continue to play ground zero for the Canadian emo-punk scene (Silverstein, Boys Night Out, Sydney). Dead and Divine try to carve out a path for themselves by mixing singalong melody with screamo metalcore and some pseudo-philosophical lyrics about our very essense (Is the stuff that flows through our veins chemical or biological?). This is a well-driven path, however, that is probably due for a detour. Dead and Divine is best at its darkest moments. Fortunately, there's plenty of darkness here especially in tracks like the wonderfully depraved Teeth and the crashing instrumental For Your Health.

Graham Rockingham/for Metro Canada

MusicReviews

music@metronews.ca

YOU COULD
WIN
one of 10 double run-of-engagement passes to see
G.I. JOE: The Rise of Cobra!
PLUS three lucky winners will also receive a GO JOE prize pack!
★ G.I. JOE™ video game
★ G.I. JOE Toy®
★ Movie Soundtrack

IN THEATRES AUGUST 7

Go beyond the blockbuster movie on your Xbox 360® videogame and entertainment system in G.I. JOE™ The Rise of Cobra™ The Game from Electronic Arts. Rated "T" for Teen.
Game code and certain audio visual materials ©2009 Electronic Arts Inc. All Rights Reserved. Microsoft, Xbox, Xbox 360, Xbox LIVE and the Xbox logos are trademarks of the Microsoft group of companies and are used under license from Microsoft. All other trademarks are the property of their respective owners.

G.I. JOE soundtrack available now on Varese Sarabande at Amazon.com and Best Buy.

Check out the new G.I. JOE: The Rise of Cobra in stores now. You can join the team at www.gijoe.com
®Hasbro. All Rights Reserved

ENTER FOR YOUR CHANCE TO WIN! metronews.ca

No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes August 9, 2009 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca

metro

metronews.ca now has over 60 daily comic strips.

PLUS: Check out Metro for the daily comic strip by the Six Chix.

COMICS KINGDOM
YOUR ONLINE COMICS COMMUNITY
metronews.ca
metro

Aniston off to jail for film
Jennifer Aniston is going to prison for her next flick. The actress will star in Goree Girls, about an all-female country band that played in a Texas prison. USMAGAZINE.COM

Author faces lawsuit

Twilight writer Meyer accused of plagiarism

A writer plans to sue Twilight author Stephenie Meyer, accusing her of plagiarism by lifting passages from an obscure book she wrote called The Nocturne and using them in vampire romance Breaking Dawn, an attorney said Tuesday.

J. Craig Williams, who represents The Nocturne author Jordan Scott, told Reuters by phone that the passages in question involve few word-for-word similarities but that the two books have similar plot and character points.

Meyer's publisher, Hachette Book Group, called the accusation meritless, saying The Twilight Saga is entirely Meyer's creation and that she knew nothing of The Nocturne.

Breaking Dawn, which came out in 2008, is the fourth book in the series of novels about a teenager, Bella Swan, caught in a forbidden romance with vampire Edward Cullen.

The Twilight books, which the publisher says have sold 70 million copies worldwide, are the basis for a movie series from Summit Entertainment. The first film, Twilight, has earned more than $380 million at worldwide box offices, and the second, New Moon, hits theatres in November.

REUTERS
Stephenie Meyer, author of the popular Twilight series.

In a cease-and-desist letter Williams sent to Hachette Book Group, he provided comparisons from the two books of a wedding, a sex-on-the-beach episode and a passage where a human-turned-vampire describes the wrenching change.

"It shouldn't be surprising to hear that other people may seek to ride the coattails of such success."
Hachette Book Group in a statement

Hachette Book Group said in a statement that Meyer's books "have been a phenomenal sensation" and that "it shouldn't be surprising to hear that other people may seek to ride the coattails of such success."

Williams said Scott plans to file a copyright infringement lawsuit against Meyer this week or next in U.S. federal court.

"I think the fans have to read both books and make up their own mind, like a judge is going to have to," Williams said.

He said Scott does not plan to seek monetary damages. REUTERS

YOU'VE FOUND THE CLOCK!
Now go to metronews.ca and tell us the page you found this on.
The Time Traveler's Wife
IN THEATRES AUGUST 14

FLIGHT CENTRE Unbeatable
ARIZONA GETAWAY
FROM $529
+ taxes & fees $117
INCLUDES roundtrip airfare to Phoenix and 3 nights 3-star boutique accom in downtown Scottsdale close to golf courses and attractions.
1 866 519 5111 | flightcentre.ca
Conditions apply. Ex: Vancouver. Package price is per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. BC REG: #HO2790

FLIGHT CENTRE Unbeatable
PARIS FROM $299 + taxes & fees $413
HAWAI'I FROM $388 + taxes & fees $104
INCLUDES roundtrip airfare.
1 866 519 5111 | flightcentre.ca
Conditions apply. Ex: Vancouver. Package prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. BC REG: #HO2790

Metro Supports Give Girls A Chance!
Educate a Girl. Change the World.
www.givegirlsachance.org

Paramount skips G.I. Joe previews

FILM Paramount will open its big summer movie G.I. Joe: The Rise of Cobra on Friday without screening it beforehand for critics.

Studio executives say they are trying to protect Joe from the kind of critical savaging unleashed on the recent Transformers sequel.

Must-see interest for the movie is so high that many industryites foresee a $50 million US opening weekend for Joe.

Orphanage remake in works

HORROR Filmmaker Larry Fessenden, a veteran of the low-budget horror world, has signed on to direct The Orphanage, which will be a remake of the Guillermo del Toro-produced Spanish-language horror movie.

Tough times force ABC soap shuffle

TV ABC Daytime has said it will move production of All My Children to Los Angeles from New York in December as part of a cost-cutting plan. Additionally, One Life to Live will move into All My Children's former New York space. REUTERS

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 8/6/09	251	308	3 CBC	Coronation St.	Jeopardy!	India Reborn Culture and economic growth of India. (CC)				CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News (N)	The Insider	How I Met	'Til Death (N)	Patrick Dempsey: True Story		The Beast (N) (CC)		News
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	Corner Gas	Hollywood	So You Think You Can Dance Winner is announced. (CC)				The Listener "Missing" (N)		News
	-	-	10 OMNI	The Daily	Frasier (CC)	On the Buses	Keeping Up	Supernatural (CC)		Scrubs (CC)	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Big Brother 11 (CC)		The Office	The Office	House "Sleeping Dogs Lie"		News
	256	389	12 VI	The Road to Avonlea		Greek "Barely Legal" (CC)		Grey's Anatomy (CC)		(:02) Private Practice (CC)		News (N)
	253	359	13 CITY	Law & Order: SVU		30 Rock	Parks-Recreat	According-Jim	30 Rock	Law & Order: UK "Hidden"		The CityNews
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Supernatural (CC)		Supernatural (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Big Brother 11 (CC)		CSI: Crime Scene Invstgtn.		(:01) The Mentalist (CC)		News
	287	379	16 NBC	Evening Mag.	Inside Edition	30 Rock	Parks-Recreat	The Office	(:31) 30 Rock	Law & Order "By Perjury"		KING 5 News
	602	568	19 W	Style by Jury	Friends (CC)	Divine Design	House	Confidential	House	Divine Design	Love It-List It	House
	288	380	21 ABC	Wheel-Fortune	Jeopardy!	Grey's Anatomy (CC)		Grey's Anatomy (CC)		(:02) Private Practice (CC)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	National Lampoon's Vacation ★★ (1983) Chevy Chase.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	Field Guide	Doc Martin "In Loco" (CC)		Lost in Austen (CC)		Big Band Blues: Motor		Magic
	290	382	23 FOX	Two/Half Men	Two/Half Men	So You Think You Can Dance Winner is announced. (CC)				Q13 FOX News at Ten (N)		Family Guy
	-	364	26 PBS	MI-5 "The Sleeper" (CC)		Red Green	Being Served	Tavis Smiley	Charlie Rose (N) (CC)		This Old Hse.	Yankee Shop
	296	654	30 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Paid Program	Family Court	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	Supernatural (CC)		Supernatural (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	33 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	46 STR	News	NTV Latenight News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	28 NW	The Nature of Things (CC)		CBC News: The National (N)		CBC News: The National		The Nature of Things (CC)		National
	500	500	38 CNN	Anderson Cooper 360 (CC)				The CNN National Report Card: The Second 100 Days				Cooper 360
sports	407	419	22 RSP	Countdown to UFC 101		UFC Top 100 Fights		UFC: Access	Beach Volley.	Sportsnet Connected (Live)		Sportsnet
	400	400	20 TSN	SportsCentre (Live) (CC)			Off the Record	E:60		Boxing: Lewis vs. Mercer		SportsCentre
	411	457	29 OLN	Ghost Hunters (CC)		Bounty Hunter	Bounty Hunter	Survivorman (CC)		Ghost Hunters (CC)		Bounty Hunter
	410	403	24 SCR	Score Tonight		Final Score	Final Score	Final Score	Final Score	Final Score	Final Score	Final Score
	417	406	25 SC	Wrecked (N)	Wrecked	Pimp My Ride	Pass Time	Pinks -- All Out (N)		Jacked!	Jacked!	Wrecked
	416	409	144 GLF	Fútbol MLS	Madrid Prac	Toronto-Today	Gol TV News	Toronto-Today	Madrid Prac	Gol TV News	Gol TV News	Gol TV News
family	552	543	48 YTV	Drake & Josh	Family Biz	Malcolm-Mid.	Futurama	In Real Life "The Circus"		Falcon Beach "The Video"		Mystery Hnt.
	555	545	50 TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	Monkeybone ★ (2001, Comedy) Brendan Fraser. Premiere.			
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	45 TRE	Comfy Couch	Zigby	Max & Ruby	Babar (CC)	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Recreat. Eden	Into the Wild	Africa "Desert Odyssey"		How Art Made the World		World of Albert Kahn		On Screen
	575	583	60 CMT	Hope & Faith	Hope & Faith	Tuckerville	Wilkinsons	Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	42 MM	Video on Trial	Video on Trial	Video on Trial	Video on Trial	Paris Hilton's My New BFF		One Tree Hill (CC)		Spotlight
	600	564	43 H&G	House	House	Holmes on Homes (CC)		Disaster DIY	Big Amazing	Handyman Superstar		House
	615	520	61 A&E	Crime 360 "Rochester, NY"		Crime 360 "Ashes to Ashes"		The First 48 (CC)		The First 48 (CC)		Crime 360
	628	584	62 SPKE	(6:00) TNA iMPACT! (N)		Jesse James Is a Dead Man		MANswers	GameTrailers	MANswers	MANswers	UFC
	521	560	64 TLC	LA Ink (N) (CC)		Police Women of Broward		LA Ink (CC)		Lottery Changed My Life		LA Ink (CC)
	616	522	63 SHO	The Outer Limits "Deja Vu"		Love-Death	Love-Death	Loch Ness Terror (2008) Brian Krause, Don S. Davis. (CC)				House (CC)
	620	523	40 BVO	Crossing ★★	Bravonews	Law & Order (CC)		Without a Trace (CC)		Cheaters ★★★ (2000) Jeff Daniels. (CC)		
	601	562	41 SLC	Bulging Brides	Bulging Brides	ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Biggest Loser
	520	505	42 DIS	MythBusters "MacGyver."		Daily Planet (CC)		Great White Appetite		Shark After Dark		MythBusters
	522	506	44 HIS	NCIS "Cover Story" (CC)		Ancient Discoveries		Lost Inventions (CC)		NCIS "Cover Story" (CC)		Sea Hunters
	627	528	45 SPC	(6:00) Alien Siege ★★ (2005)		Stargate SG-1 (CC) (DVS)		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	47 TBS	Something's Gotta Give ★★★ (2003) Jack Nicholson, Diane Keaton. (CC)					Sex and-City	Sex and-City	(:40) In the Mix ★ (2005) (CC)	
	619	525	48 TROP	Traders "Two Steps Forward"		Inside Hollywood (CC)		Are You Smarter		Family Guy	Seinfeld	Seinfeld
	603	561	52 FN	Ace of Cakes	Ace of Cakes	Boys	The Wild Chef	Unwrapped	Unwrapped	Jamie's Kitchen (CC)		Ace of Cakes
	626	547	57 COM	Air Farce	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park	Comedy Now (CC) (DVS)		Daily Show
	320	621	30 CEN	Elizabeth: The Golden Age		Everything's Gone Green ★★★ (2006)			Found Objects	Penn & Teller	Nurse Jackie	The Line
	581	566	101 MTV	Nitro Circus	Fantasy Fact.	MTV Live	After	The Real World "Cancun"		Nitro Circus	Fantasy Fact.	MTV Live
	261	394	102 V	(6:00) The Terry Fox Story		Poltergeist: The Legacy		Larger Than Life ★★ (1996) Bill Murray, Janeane Garofalo.				Paid Program
	-	-	105 MUL	Banquet	Kingdom-Wind	Vancouver	Bahadur-Zafar	Dheeyan Ghar	Sadabahar	Rang Barangi	Desi Rhythms	Patrol World

critics'corner

The Office
Dwight's (Rainn Wilson) previously fanatical devotion to Michael (Steve Carell) is tested when he finds a new hero: Charles (guest star Idris Elba). Andy (Ed Helms) tries to fulfill Jim's (John Krasinski) emotional needs. Jenna Fischer, B.J. Novak, Brian Baumgartner and Angela Kinsey co-star in "Heavy Competition." 9 PM on NBC GTV

The Mentalist
Patrick Jane (Simon Baker) sets a "mentalist trap" to catch a killer after a high-school football star is murdered and a self-styled witch says she put a death spell on him for killing her cat. Colby Paul, Azura Skye and Michael McGrady guest star in "Red Rum"; Robin Tunney, Tim Kang, Owain Yeoman and Amanda Righetti also star. 10:01 PM on CBS

Kim shakes things up

Kim Kardashian isn't just sitting around after her breakup with Reggie Bush, people.com reports. According to her sister, Kourtney, the reality star is making a life change. "We actually went looking for houses yesterday," she told Ryan Seacrest Wednesday. METRO NEWS SERVICES

Celebrity Buzz

Some father, Ryan's son says

FAMILY FEUD More tales of Ryan O'Neal's questionable parenting are surfacing. His oldest son, Griffin O'Neal, remembers when his father first introduced him to illicit drugs.

"I was 11 years old when he gave me cocaine and said we are going to see a long movie called Barry Lyndon," Griffin recently told Larry King. "He said, 'It is a very long movie. Maybe this will help you.' I was 11."

Griffin also doubts Ryan's displays of grief over the recent death of Farrah Fawcett. "All those crocodile tears. My dad's only goal was to make sure he would be in the will," he said. "It was so disgustingly transparent as soon as he found out she was terminal. I consider him a vulture presiding over a carcass."

METRO WORLD NEWS

Selena reflects on dating Taylor

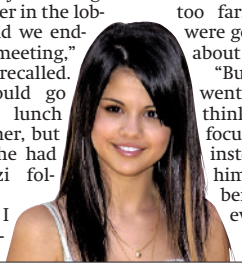
TEENAGED LOVE Selena Gomez confirms she is no longer dating Twilight star Taylor Lautner, usmagazine.com reports.

"He's a great guy. But I am 100 per cent single, and I'm going to keep it that way for a while," she told Seventeen.

She says they met earlier this year in Vancouver while he was shooting New Moon and she was filming Ramona and Beezus.

"Kristen (Stewart) was staying in my hotel. He would visit her, so we were constantly running into each other in the lobby — and we ended up meeting," Gomez recalled. "We would go out to lunch and dinner, but I knew he had paparazzi following him and I had paparazzi following me. So we literally just wanted to hang out, go bowling and stuff, and it went a little too far, I think. People were getting a little crazy about us.

"But it was fun — I went to Vancouver thinking I was going to focus on my work, but instead I got to meet him, and it ended up being the best thing ever." she said.



METRO NEWS SERVICES

Baby on the way for Penelope

PREGNANCY Penelope Cruz is having Javier Bardem's baby, a source confirms to Just Jared. "Penelope is about four months pregnant," the source said.

"She's really healthy now and will be a great mother."

GETTY IMAGES

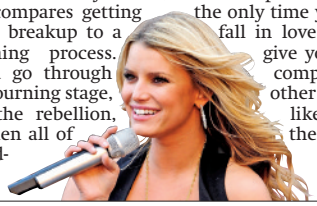
METRO WORLD NEWS

Jessica takes breakup badly

OVERREACTING? Jessica Simpson takes breakups very seriously. The singer, who recently split from football star Tony Romo, even compares getting over a breakup to a mourning process.

"You go through the mourning stage, then the rebellion, and then all of a sudden you have to find life by yourself," Simpson said, according to Hollyscoop.

"Once you do that, you feel complete — and that's the only time you can truly fall in love again, and give yourself over completely to another person. It's like a death in the family."



METRO WORLD NEWS

Paula ditches Idol ship

CAREER CHANGE It looks like American Idol will return in January without one of its founding judges. Paula Abdul announced on Twitter that she won't be returning to the hit series.

"With sadness in my heart, I've decided not to return to Idol. I'll miss nurturing all the new talent, but most of all being a part of a show that I helped from day one become an international phenomenon."

Idol's studio, Fox, released a statement saying they are "saddened that she has decided not to return to the show."

METRO WORLD NEWS

I could've been Brit: Ashley

REFLECTIONS Growing up in the spotlight, Ashley Olsen is glad she's ended up on an even keel. "I look at Britney Spears, and I'm surprised I didn't end up like her," Olsen told Marie Claire in its new issue.

A television star even before she and her twin sister, Mary Kate, could talk, Olsen remembers her childhood schedule being beyond busy. "It was almost like I was in the Army: School, work, homework, fly to New York, get in at two in the morning, do a morning show at 5 a.m., then another one at 7, then a radio interview at 10."

METRO WORLD NEWS

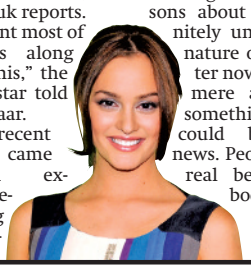
Fame a rough ride: Leighton

A DOWNSIDE TO EVERYTHING Leighton Meester understands that being on a buzzed-about show automatically puts her in the spotlight — but she doesn't have to like it, femalefirst.co.uk reports.

"I don't want most of what comes along with all of this," the Gossip Girl star told Harper's Bazaar.

One recent downside came when an ex-boyfriend began shopping around an alleged sex tape. "(The tape) is not real, so it makes me sort of sad," she said. "It's unfortunate that it got carried as far as it did."

Meester says the rumour has taught her some lessons about life. "I definitely understand the nature of people better now and that the mere allegation of something like that could be headline news. People think it's real because somebody says it is."



METRO NEWS SERVICES

Kelly reaches custody deal

UGLY BATTLE Kelly Rutherford and her ex-husband Daniel Giersch have settled their custody battle, femalefirst.co.uk reports.

In paperwork filed in Los Angeles, the two have agreed to relocate to New York while Rutherford shoots Gossip Girl there. They will share joint custody of their two children, according to TMZ.com.

Rutherford, who filed for divorce in December, gave birth to the couple's second child, Helena Grace, in June.

At the height of the pair's custody battle, Rutherford accused her ex of being "angry" all the time and admitted she had hired a private detective to install cameras in her ex's Los Angeles home — to check on his parenting techniques.

In the midst of the court battle, Rutherford asked a judge to help the parents settle a toilet-training disagreement.

METRO NEWS SERVICES

Dustin sues over sex pictures

DAMAGE CONTROL Screenwriter Dustin Lance Black is suin a website that published X-rated photos of him and an ex-lover, according to Page Six.

Black is seeking $3 million US in damages from starzlife.com over invasion of privacy, copyright infringement and violation of the right of publicity. Black says he thought his ex-boyfriend had deleted the photos long ago.

METRO WORLD NEWS

Don't judge me, Sienna pleads

SELF DEFENCE Sienna Miller is getting tired of having to explain her love life to people. "I do think sometimes people get morally superior without understanding situations," Miller told GQ in response to her relationship with actor Balthazar Getty.

"If I could go back and be more responsible, I would," she said. "Well, I probably would be less naive about ignoring the fact that people care."

METRO WORLD NEWS

DIPLOMA PROGRAMS*

HEALTH CARE — Practical Nursing ☆ | Addictions and Community Services Worker ✓☆ | Intra-Oral Dental Assistant ✓ | Resident Care Attendant ✓☆ | Early Childhood Education ☆ | Veterinary Office Management ☆

BUSINESS & LEGAL — Paralegal ☆ | Business Administration – E-Commerce Management ☆ | Accounting & Payroll Administrator ✓☆ | Travel & Tourism ✓ | International Trade (FITT) ☆ | Legal Administrative Assistant ✓☆

TECHNOLOGY & TRADES — Construction Electrician Foundations ☆ | Plumbing Foundations ☆ | Programmer Analyst – Internet Solutions Developer ✓ | Network and Database Administrator ✓ | Microsoft Office Specialist ✓

- Financial Assistance Available to Qualified Applicants
- Practicum Placements for All Programs
- High Graduate Employment Rates
- 11 Campuses in BC
- Classes Filling Fast – Call Now to Reserve a Seat

* Not All Programs Available At All Campuses.
✓ Pertains to a Vancouver Career College Program
☆ Pertains to a CDI College Program

VANCOUVER CAREER COLLEGE 1-866-306-6766 WWW.VANCOL.COM

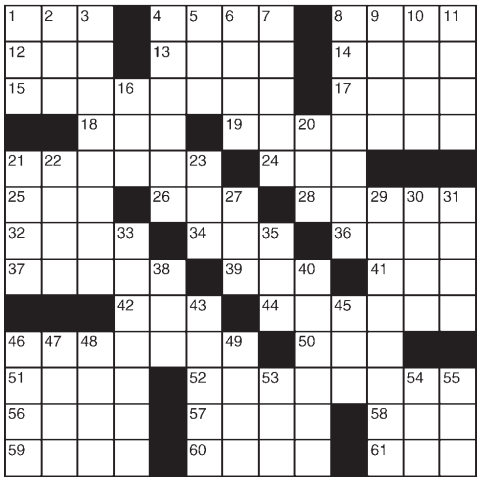
CDI COLLEGE BUSINESS • TECHNOLOGY • HEALTH CARE 1-888-654-4179 WWW.CDICOLLEGE.CA

PCTIA ACCREDITED

The Weather Network 20 YEARS
TWN incorporates MSC data
Today Partly cloudy 20°/ 15°
Friday Partly cloudy 22° / 15°
Saturday Variable 22°/ 15°
PLAN YOUR LUNCH WISELY... Download WeatherEye™ Today!

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



ACROSS

1 Elmer, to Bugs
4 Prison
8 Tiers
12 Gabor or Peron
13 Relaxation
14 Send forth
15 "The island of romance," in song
17 Baseball team
18 Do sums
19 "Rockabye Baby" site
21 Russian wolfhound
24 Tend the lawn
25 Mound stat
26 "— Miniver"
28 Cheesy chip
32 Dracula's usual target
34 Conger, e.g.
36 Reclined
37 Clan emblem
39 — -tac-toe
41 Sleuth
42 Addressee
44 Procession
46 Constricting snakes
50 Moment
51 Timber wolf
52 Merchandisers' mailings
56 By word of mouth
57 First victim
58 Bumped into
59 Existed
60 Samples of wordplay
61 Lad

DOWN

1 Year-end abbr.
2 Eventual aves
3 Waterfall
4 Hardly ever
5 — chi
6 "It — Fair"
7 Get more ammo
8 Cancellation's opposite
9 Leave out
10 Drunkard
11 Put one's foot down?
16 Wood-shaping tool
20 A billion years
21 Crooked
22 Sandwich treat
23 Anger
27 Prepared
29 Underground cemetery
30 Wasted no time
31 Erstwhile
33 Peeper's place?
35 Pitcher part
38 Dr. Seuss' "Mr. Brown Can —! Can You?"
40 Cellist Pablo
43 Open a bottle
45 Cath. or Prot.
46 Clear of snow
47 Bygone times
48 Ski lift
49 Moviedom's "Elephant Boy"
53 Sawbuck
54 Earth (Pref.)
55 Pigs' digs

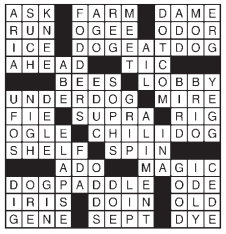
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		6	7			8		
5	4			2	6			
9			8				4	
8				6				3
		4				1		
2				9				5
	5				7			4
			1	3			5	2
		1			9	3		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

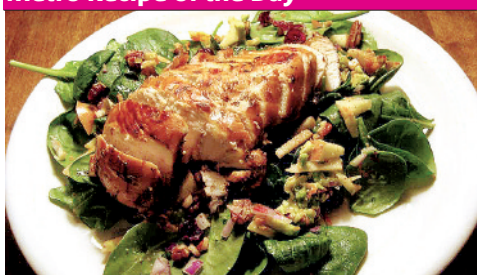


3	8	1	9	6	4	5	2	7
6	9	5	3	2	7	8	4	1
2	7	4	1	5	8	3	6	9
4	5	2	6	3	1	9	7	8
8	3	6	4	7	9	2	1	5
7	1	9	2	8	5	4	3	6
1	6	8	5	4	2	7	9	3
9	4	7	8	1	3	6	5	2
5	2	3	7	9	6	1	8	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day



CHRISTY PENGILLY

Apples, Avocado and Balsamic Chicken Salad

submitted by a Club Member!

Submitted by Melanie Glenwright, Winnipeg,

INGREDIENTS:
4 boneless, skinless chicken breasts
3 tsp olive oil
1/3 cup balsamic vinegar
1/2 cup chicken stock
2 tbsp sugar
1 clove garlic, crushed
1 tsp dried Italian seasoning

BALSAMIC VINAIGRETTE:
1/4 cup balsamic vinegar
2 tsp dark brown sugar, optional
1 tbsp chopped garlic
1/2 tsp salt
1/2 tsp freshly ground black pepper
3/4 cup olive oil

SALAD:
4 cups baby spinach leaves
1 tbsp dried cranberries
1 tbsp chopped salted pecans
1/2 apple, cored and diced
1 tbsp diced red onion
2 tbsp grated carrot
1/2 avocado, peeled and diced

METHOD:
Set chicken in a shallow bowl. Add combined vinegar, chicken stock, sugar, garlic and seasoning. Marinate chicken 10 minutes on each side. Remove chicken and set marinade aside. Mix vinaigrette ingredients in small bowl and chill.

Place marinade in small saucepan and bring to a boil. Reduce heat to low and simmer. Assemble spinach, cranberries, pecans, apple, onion, carrot, and avocado on plates and chill.

Briefly heat olive oil in a large skillet over medium-high heat. Add chicken, and cook each breast 4 minutes each side (or until browned). Add marinade to skillet and continue cooking 3-4 minutes, turning breasts until cooked through. Pour vinaigrette on salad then top with warm chicken. Serve.

SERVES 4
PREP TIME: 20 MINUTES
COOK TIME: 10 MINUTES

20 minute SUPPER CLUB

20 Minute Supper Club helps you get dinner ready in a snap. Sign up for quick and delicious recipes, cooking and food tips. It's free at **20minutesupperclub.com**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You must not limit yourself in any way, shape or form. Be active, be ambitious and be the one who always seems to make things happen.

TAURUS ♉
APRIL 21-MAY 21
You may have to get tough with someone you love today but if you don't do it now they will make a huge mess of things later on.

GEMINI ♊
MAY 22-JUNE 21
Cosmic activity makes it easy for you to win others over to your way of thinking. That does not mean that your way of thinking is right.

CANCER ♋
JUNE 22-JULY 22
In the next few days you will get an offer that's hard to turn down. It will mean more work, but also more prestige and, in the long term, more money.

LEO ♌
JULY 23-AUG 23
Look out for your own interests today and ignore those who say you're being selfish. Something special will happen over the next 24 hours.

VIRGO ♍
AUG 24-SEPT 22
Today's lunar eclipse may tempt you to give up on something that's taking up time and energy, but if you stop now you will regret it later. Keep at it.

LIBRA ♎
SEPT 23-OCT 23
This is a good time for friendships and social activities but watch you don't spread yourself too thinly. There is only so much of you to go around.

SCORPIO ♏
OCT 24-NOV 22
You won't reach certain targets without assistance, so look for people who can give you a leg up. Someone will be glad to help you if you ask them.

SAGITTARIUS ♐
NOV 23-DEC 21
Everything is going well for you now and life will be even more enjoyable over the next few days. You don't have to make much effort right now.

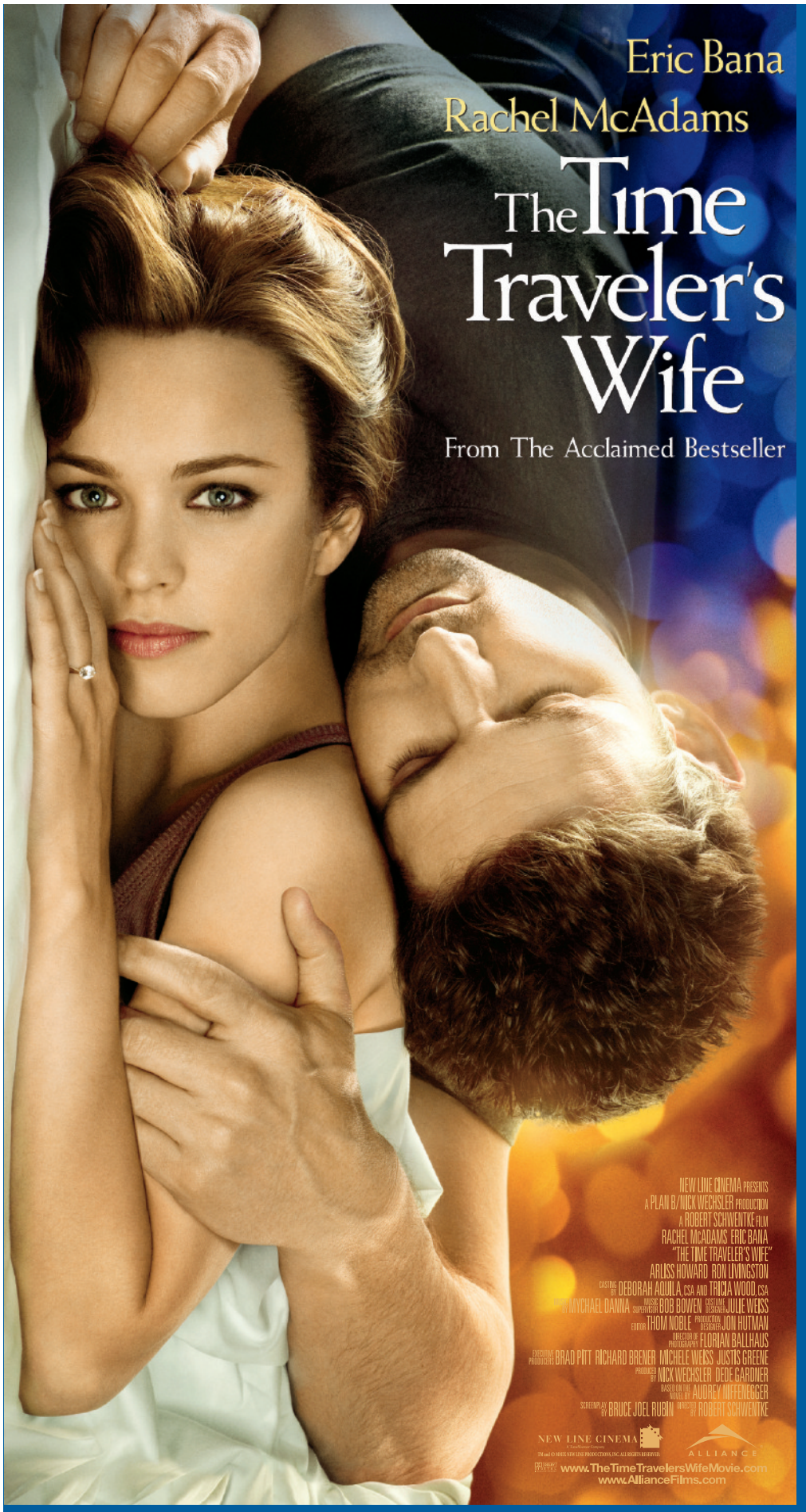
CAPRICORN ♑
DEC 22-JAN 20
The sun in Leo puts the emphasis on your long-term wealth. Over the next few weeks you'll be more adventurous financially — but don't risk everything.

AQUARIUS ♒
JAN 21-FEB 18
If you have fallen out with a partner, loved one or friend, or even someone you work with, make it a priority today to get back on good terms with them.

PISCES ♓
FEB 19-MARCH 20
Someone you work with will be aggressive today but you must not be aggressive in return, or your relationship will be irrevocably damaged.

EURO CHARM
Skincare and Body Clinic
Laser Hair Removal
Buy 1 get 1 Free (any area)
Botox and Filler Days
Great prices/call for more info
Cellulite treatments 25% off
We carry Dr. Spiller skincare products and Life Extension supplements
Where wellness meets beauty
15% off Day Spa Services
795 /unit Botox
Valid until August 31, 2009
604.568.2575 • www.eurocharm.ca
3401 East Hastings Street, Vancouver • eurocharm@shaw.ca
ONE BLOCK EAST OF PNE • FREE PARKING

Vancity


Eric Bana
Rachel McAdams
The Time Traveler's Wife
From The Acclaimed Bestseller
NEW LINE CINEMA PRESENTS
A PLAN B/NICK WECHSLER PRODUCTION
A ROBERT SCHWENTKE FILM
RACHEL MCADAMS ERIC BANA
"THE TIME TRAVELER'S WIFE"
ARLISS HOWARD RON LIVINGSTON
CASTING BY DEBORAH AQUILA, CSA AND TRICIA WOOD, CSA
MUSIC BY MICHAEL DANNA MUSIC SUPERVISOR BOB BOWEN COSTUME DESIGNER JULIE WEISS
EDITOR THOM NOBLE PRODUCTION DESIGNER JON HUTMAN
DIRECTOR OF PHOTOGRAPHY FLORIAN BALLHAUS
EXECUTIVE PRODUCERS BRAD PITT RICHARD BRENER MICHELE WEISS JUSTIS GREENE
PRODUCED BY NICK WECHSLER DEDE GARDNER
BASED ON THE NOVEL BY AUDREY NIFFENEGGER
SCREENPLAY BY BRUCE JOEL RUBIN DIRECTED BY ROBERT SCHWENTKE
NEW LINE CINEMA
ALLIANCE
www.TheTimeTravelersWifeMovie.com
www.AllianceFilms.com

YOU COULD

WIN

A MEN'S AND LADIES WITTNAUER WATCH!

Look in Metro for the hidden clock

then visit metronews.ca to tell us the page you found it on for your chance to win!

IN THEATRES AUGUST 14

No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes August 17, 2009 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca

ALLIANCE

WITTNAUER swiss

metro